



**THE WORCESTER SALT
COOK BOOK**

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THE WORCESTER SALT COOK BOOK

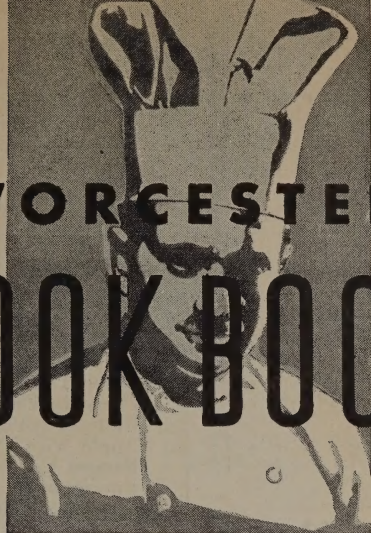


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WORCESTER THE SALT OF THE WORLD GREATEST CHEFS . .

For instance, Louis of the Ritz, one of the greatest chefs of all time, says. . .

"I use Worcester Salt because long, hard experience has proved to me that it is the best. Contrary to common notions, all salt is not alike, any more than all tea or all coffee is alike. Ordinary salt contains certain chemical impurities that noticeably affect the flavor and taste of fine foods."



WORCESTER THE SALT OF THE WORLD'S GREATEST CHEFS . . .

For instance, Rondepiere of the Roosevelt, one of the greatest chefs of all time, says. . . .

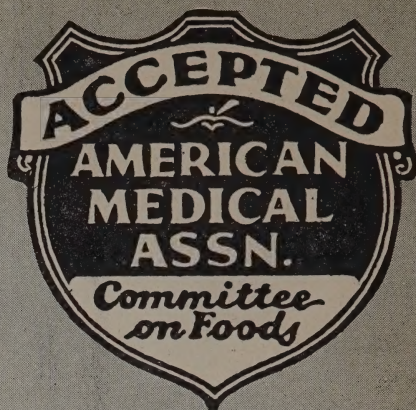
"Isn't it absurd not to use the very finest and purest of salt, like Worcester? Salt costs so little anyone can afford the best. If women knew, what chefs know, that ordinary salt contains harsh bitter chlorides that affect the very flavor and taste of fine food, they would never take chances with cheap, inferior salt."



WORCESTER THE SALT OF THE WORLD'S GREATEST MAITRES D'HOTEL

Van Dyke of the Astor, not only an authority on fine food but one of the world's largest buyers of food, says. . . .

"As you probably know, we have used Worcester Salt at the Astor for years and years, so long that I cannot remember the exact number. I agree with you that the harsh bitter impurities in ordinary salt affect the flavor and taste of fine foods. That is a fact I discovered long ago and that is really the outstanding reason why I have used Worcester Salt at the Astor ever since."



6

OF THE MANY HONORS WON BY WORCESTER SALT

Today all salt costs so little that any family can afford the best. But you may wonder "How can I tell what is the best salt? Every maker claims his is the best." Well, if you are interested in *facts*, and not just claims, the Worcester Salt Company, America's oldest refiners of pure salt, believes that the following *facts* may help you decide:—

1. Worcester Salt exceeds in purity even the high requirements of the United States Pharmacopoeia for chemically pure sodium chloride.

2. Worcester Salt is approved by Good Housekeeping Institute.

3. Worcester Salt bears the official seal of acceptance of the Committee on Foods of the American Medical Association.

4. Worcester Salt is the *only* salt in the world ever awarded a gold medal at the Panama-Pacific Exposition, the St. Louis Exposition, the Pan-American Exposition, the American Institute and the Chicago World's Fair.



SALT

AS A SEASONING

LET one of America's greatest authorities on the art of cooking, Ann Batchelder, food editor of *Delineator*, tell you of this often misunderstood art of seasoning. She says:

"It must be remembered that salt is the first and perhaps the most important seasoning agent we have in cookery.

"I should say that salt, if no other seasoning in the world was available, could and would be used in such a way that food would still be palatable, interesting and intriguing. But I should hate to give up all other seasonings. Still—we should let the salt go last!

"I think that a good many people who follow the art of cooking, either as experts or amateurs, are members of that school which holds that salt on anything, in anything, whether meat, vegetable, soups—any food whatever—may be added temperamentally, not so much as to quantity but in regard to the right time. For instance, in a cake. The time to add the salt is when the eggs are beaten. Do you not see? The salt is incorporated with the *flattest* of ingredients. The moisture takes up the grains, the eggs are always thoroughly mixed into the cake mixture. Put in with the other dry ingredients, the salt is still salt, but it "goes" with the eggs. In rolls and bread the salt is *always* added to the milk. It never goes in with the flour. Another thing, when put in with eggs, particularly with egg whites, salt helps in the quality of the beaten egg. It will make a *warm* egg white beat up as stiff as a chilled white.

"In soups and in sauces salt should be added the first thing. The reason is obvious. It requires long cooking to get the blend. All seasonings in this type of thing should be added early in the game, but *salt first*. Taste, too. Don't be in the ambiguous position of having to add salt last, just before serving, because you have salted too little, or thinning out the sauce or soup to get rid of *over salting*. Taste first.



"In fish or meat cookery, the same technique applies to both. Steaks are toughened, roasts too, by salting before or too early in the cooking. The juices are drawn out, the flavor spoiled. In roasting and in broiling, I salt the food just before the last turn on the broiler or in the frying pan.

"Try to achieve a result in all cooking that will bring to the table a perfect ensemble. Food lacking even one essential seasoning is like a shirt without a collar button. It may stay on but who cares!

"In vegetable cooking I suppose the greatest crimes with salt are committed. With tender young fresh vegetables right out of the garden, the water they are cooked in should be salted. Not too much. About a teaspoon of salt to a quart of water. And vegetables suffer from being cooked in too much water. The poor things are drowned, not cooked. Water for new peas, carrots, beans, etc., should be gauged so that when the vegetable is done there should be no water to drain off. And if the water has been salted, the vegetables have started on their seasoning careers. Then, with white pepper, plenty of butter and in some cases a little sweet cream, they are ready to send to the table. Taste them. For it is possible to add a little salt here, and no harm done, if they need it.

"Potatoes should always be boiled in pretty well salted water.

New potatoes need more salt than old ones. All greens when in season need salted water for cooking.

"In the case of all out of season and hot house vegetables, salt should *never* be added to the water. It takes the color out, and the seasoning can be done after the vegetables are cooked. More water is needed for cooking out of season vegetables, too. They should be drained. The seasonings should be added before the vegetables are taken from the kettle and the vegetables tossed lightly with a fork so the seasoning will be well distributed.

"As a general rule, every dish that includes eggs requires salt. Speaking of eggs—poached eggs must be done in *well* salted water. The salt keeps the whites from running all over the place and so spoiling their appearance. Salt added to the water in which eggs are boiled (in the shell) will keep the shells from cracking in boiling.

"In cooking mushrooms, salt should be added while cooking. The other seasonings afterwards. Mushrooms are such susceptible things that they lose their mushroomy flavor if seasoned in cooking. But the salt brings *out* the flavor. Likewise in mushroom soup—salt will bring out the flavor so perceptibly that, properly salted, a cream of mushroom soup will have a strong, full flavor of mushrooms even if much less of the mushrooms are used than could possibly give the same result without the salt. *Taste it. Don't over salt.*

"In all chocolate dishes salt is indicated. It takes off the too sweet effect and brings out the inherent flavor. It is as an impresario that salt fulfills its highest mission in the seasoning field. It brings out *to an appreciative audience the talent that is hidden in almost every food or flavor.*

"In sweet desserts, I always add the merest suspicion of salt. Not because I think salt should speak any lines here but, in the role of the voice off stage, it is very important.

"In all salads, salt, of course, in the dressing; never on the salad itself. It would be *de trop* there, and again it is the sauce and dressing story over again. Salt in tomatoes helps to stop the flow of the juices and so conserves the flavor of the fruit. With such things as celery, cress, endive—the salt adds the zest they need to make them carry out their true mission. With cucumbers, salt has to be depended upon to crisp the delicate slices. It tightens up the pores, in a way, and gives them life and vitality and takes away their native lassitude.

"In fact, in every department of cookery, from soup to nuts—and especially for nuts—salt is essential, it is fundamental, the alpha and omega of seasoning. It simply *must* be had!"

RECIPES

NOURISHING SOUPS

« Oyster Stew (★)

- | | |
|-----------------|-------------------|
| 1 quart oysters | 1½ teaspoons |
| with liquor | salt* |
| 4 tablespoons | ¼ teaspoon pep- |
| butter or | per |
| margarine | 1 quart rich milk |

Place the cleaned oysters, liquor and butter in a sauce pan. Simmer gently until the edges of the oysters curl. Quickly add the milk and seasonings, heat and serve at once. Half cream and half milk may be used.

« Lobster Bisque (D)

- | | |
|----------------|---------------------|
| 1 medium-sized | 4 tablespoons flour |
| lobster | 1 cup cold water |
| 1 quart milk | Red pepper |
| 4 tablespoons | Salt* and pepper |
| butter | |

Make a white sauce of the milk, flour, and butter. Remove meat from freshly boiled lobster. Reserve the coral and the green fat. Put the cold water into a kettle and add the broken claws and shell and the finely chopped tail meat. Bring to the simmering-point and simmer for twenty minutes. Drain and stir liquid into the white sauce. Add the remainder of the lobster meat, cut in dice. Season with salt*, pepper and cayenne. Just before serving, add the coral mashed to a paste with the green fat. Mix thoroughly, reheat, and serve with croutons.

*Worcester Salt

« Clam Chowder (★)

- | | |
|------------------|-------------------|
| 1 quart shucked | 2 teaspoons salt* |
| clams and liquor | ¼ teaspoon |
| 4 cups potatoes, | pepper |
| sliced | 2½ cups boiling |
| 3 onions, sliced | water |
| ¼ cup diced salt | 2 tablespoons |
| pork | butter |
| 1 quart scalded | |
| milk | |

Clean and pick over clams and chop hard parts, keeping soft parts whole. Strain liquor. Try out salt pork, add onion and cook until light brown. Add potatoes, chopped clams, boiling water, salt and pepper. Cook until potatoes are tender. Add remaining clams and liquor, butter and milk and heat well. Top each serving with halves of Boston crackers.

« Black Bean Soup

- | | |
|------------------|--------------------|
| 1 pint black | 1 tablespoon salt* |
| beans | 2 tablespoons |
| Water | butter |
| 1 small onion | 2 tablespoons |
| 2 outside stalks | flour |
| celery, sliced | 4 tablespoons |
| ¼ teaspoon dry | lemon juice |
| mustard | 1 large lemon, |
| ¼ teaspoon | sliced very thin |
| pepper | 2 hard-cooked |
| | eggs, sliced |
| | thin |

Cover beans with water and soak overnight. Next day drain beans, add two quarts of fresh water and bring to boil slowly. Cook onion until golden yellow in butter and add to beans. Add celery, leaves and all; mustard, salt* and pepper. Simmer until beans are soft, replenishing water as it boils off. It will require from three to four hours to cook

beans. Rub through puree sieve. Melt two tablespoons butter, add flour, stir until smooth, then add puree a little at a time. Just before serving add lemon juice. Place a thin slice of hard cooked egg and one of lemon in each bowl before adding soup.

« Cream Soup (★)

4 tablespoons butter or margarine	been put through a sieve, or diced cooked vegetables
3 tablespoons flour	
1½ teaspoons salt*	Dash of paprika
2 cups vegetable pulp which has	2 cups milk
	2 cups water in which vege- tables were cooked or milk or a mixture of these

Use a double boiler. Melt fat, add flour and seasonings and blend. Add milk, vegetable water and pulp. Cook 25 min., stirring constantly until thickened. Canned or fresh vegetables such as asparagus, carrots, cauliflower, celery, corn, peas, potatoes, tomatoes, or mushrooms, or a mixture of any of these may be used in making cream of vegetable soups.

« Corn Chowder (★)

2 slices salt pork, diced	1 pint boiling water
4 small onions, minced	2 cups corn, fresh or canned
6 medium po- tatoes, cubed	¼ teaspoon soda
4 tomatoes, peeled and diced	1 quart hot milk
2 teaspoons salt*	1 tablespoon flour
¼ teaspoon pepper	1 tablespoon butter or margarine

Fry pork in chowder kettle until light brown and crisp. Remove from the heat, add onions, potatoes, tomatoes, salt* and pepper. Cover with the boiling water and simmer until vegetables are nearly tender. Add corn and cook 10 minutes longer. Add the soda and hot milk thickened with the flour and fat mixed together. Stir rapidly while adding milk and serve hot.

*Worcester Salt

« Cream of Mushroom Soup (D)

¼ pound mush- rooms (or skin and stems of ½ pound)	2 tablespoons flour
2 tablespoons butter	1 teaspoon salt* 1 pint milk

Brush, wash and skin the mushrooms. Put the skins to simmer in a little water. Cut the mushroom caps and stems into very small pieces; add one pint of water and simmer until tender. Make a sauce of the fat, flour, salt* and milk and add the water in which the mushroom caps, stems and skin were cooked.

« Onion Soup Gratinée (D)

3 onions	Pepper and salt*
3 tablespoons butter	½ clove garlic (if desired)
3 pints beef stock	2 tablespoons chopped par- sley
3 tablespoons grated cheese	¼ loaf French bread

Slice onions and put them into a stewpan with butter. Stir and fry slowly until softened and slightly browned. Add beef stock, boil ten minutes, skim, season, and add parsley and garlic. Cut the bread into thin slices, dry in the oven a few minutes. Pour soup into a low earthen casserole, put bread on top, sprinkle with grated cheese, and set in a very hot oven (450 deg. F. to 500 deg. F.) just long enough to brown the cheese.

« Chicken Gumbo (D)

1 fowl (3 to 4 pounds)	1 cup cream
½ cup salt pork fat	2 sprigs parsley
1 onion	3 cups boiling water
1 quart okra, fresh or canned	½ teaspoon pepper
5 tomatoes	2 tablespoons salt*
	1 cup boiled rice

Cut the chicken into convenient pieces and saute until brown in salt pork fat, then place all the pieces in a saucepan. Cut a large onion into thin slices and saute slowly for ten minutes in the fat. Add okra, cut fine, sliced tomatoes, and parsley sprigs.

Saute all of these ingredients one-half hour, slowly, and place them in the saucepan with the chicken. Add boiling water, pepper and salt*. Simmer slowly two to four hours, or until the chicken is very tender, and then add boiled rice and cream. If more seasoning is needed, add it, and if necessary, thin with boiling water. Boil up once and serve. Cayenne pepper (one-fourth teaspoon) may be used instead of white or black pepper, if desired. Separate the bones from the chicken. Serve with pieces of chicken in the plate with the soup.

« Green Pea Soup (D)

2 cups stock	2 sprigs mint
1 quart water	1 tablespoon
1 quart green	flour
peas	1 tablespoon
1 celery stalk	butter
1 onion	Salt* and pepper
1 turnip	Sugar

Reserve one-half cup of peas, and to the stock and water add the rest of the peas, the celery stalk, onion and turnip cut into pieces, and the mint. Stew until the mass is tender. Strain through a sieve or coarse cheesecloth. Thin with stock or water, if necessary; bind with a roux of flour and fat and season with salt*, pepper, and a little sugar. Add the half cup of whole peas, stew for a few minutes, and serve.

MEATS AND FOWL

« Barbecued Beef (D)

Buy one and one-half pounds of round steak or braising beef, cut three-quarters to one inch thick. Pound the meat thoroughly with a heavy wooden spoon or beater. Rub with one-half teaspoon salt* and one-quarter teaspoon black pepper and flour well on both sides. Brown quickly on both sides in two tablespoons

shortening, in frying pan. Make a sauce with:

1½ cups hot	½ cup tomato
water	ketchup
1 tablespoon	1 tablespoon
butter	Worcester-
¼ teaspoon	shire sauce
tabasco sauce	Juice of 1 lemon

Bring to a boil and pour over meat. Cover closely and cook slowly over fire for two hours. Garnish with slices of sour pickle and slightly sauted green pepper slices, and serve with potato soufflé and a green vegetable.

« Roast Beef with Yorkshire Pudding (D)

In preparing beef for roasting, trim it carefully then skewer and tie it into shape. Rub the lean parts with drippings and rub the whole with salt*, pepper and flour.

Place the roast in a pan on a trivet or rack, cover it and set it in a very hot oven (550 deg. F.) so that it will sear quickly and thus prevent an escape of juices. When the meat has been lightly crusted, reduce the heat to 350 deg. F. 400 deg. F. and continue roasting. Make a gravy from the drippings, using one tablespoon of flour and one cup of water to one tablespoon of drippings, and add additional salt* and pepper if needed. Part of the drippings may be used as the fat needed for Yorkshire pudding.

« Yorkshire Pudding (D)

1 cup flour	1 cup milk
½ teaspoon salt*	2 eggs

Put flour, salt, milk and eggs together in a bowl. Beat well with a rotary egg-beater. Pour drippings to the depth of one inch into a shallow-pan. Have the drippings hot and pour in the mixture quickly. Bake for one-half hour in a hot oven (400 deg. F.). The pudding may then be placed under the trivet that holds the roast beef and left for fifteen minutes to catch the gravy that flows from the roast. If

*Worcester Salt

a trivet is not used, cut the pudding into squares and lay them around the roast in the pan. Serve the pudding with the beef.

« *Beef Stew with Dumplings* (D)

1½ pounds shank, neck, plate, flank, rump or brisket	1 small onion
¼ cup flour	1/3 cup cubed carrots
1½ teaspoons salt*	1/3 cup cubed turnips
¼ teaspoon pepper	4 cups pota- toes, cut in quarters

Wipe meat, remove from bone, cut in cube of about one and one-half inch. Mix flour with salt* and pepper and dredge the cubes of meat with it. Cut some of the fat from the meat and heat in a frying-pan. When part of the fat has tried out, add the cubes of meat and brown the surface, stirring constantly to prevent burning. Put this meat, with the melted fat in which it was browned, into the stew-kettle. Add enough boiling water to cover the meat, or a pint of tomatoes, stewed and strained, and simmer until the meat is tender (about three hours). The carrots and turnips are to be added during the last hour of cooking, and the potatoes twenty minutes before serving time. Fifteen minutes before serving time, add the dumplings. to the stew.

« *Dumplings* (D)

2 cups flour	1 cup milk
4 teaspoons baking powder	1 teaspoon salt* 2 tablespoons fat

Sift together the dry ingredients. Cut in the fat and add the milk slowly. Drop by spoonfuls on top of the stew, cover tightly and cook twelve minutes. Dumplings must rest on the meat and potatoes and must not settle into the liquid. Do not uncover the dumplings until they have steamed twelve minutes.

« *Stuffed Flank Steak* (★)

1 flank steak— weight 2 lbs.	1 teaspoon marjoram
4 cups bread crumbs	2 teaspoons salt* ½ teaspoon

3 small onions, minced	pepper
2 eggs slightly beaten	4 tablespoons melted fat
1 teaspoon thyme	2 tablespoons hot water
	2 teaspoons sage

Combine all ingredients but the flank steak. Mix well, spread on steak, then roll it up, and secure with skewers or tie it. Next roll the stuffed steak in seasoned flour and sear on all sides in a little hot fat. Arrange in a casserole or Dutch oven, add ½ cup hot water, cover and cook 2 hours in a slow oven of 325 deg. F. or until meat is tender. Arrange on a platter and remove skewers or string. Thicken the gravy left in the pan and serve with the stuffed steak.

« *Spanish Steak* (★)

2 lbs. bottom round beef, chopped	1 tablespoon minced onion
1 egg well beaten	2 teaspoons salt*
½ cup milk	¼ teaspoon pepper
1 tablespoon Worcester- shire sauce	1 No. 2 can tomatoes
1 tablespoon prepared mustard	1 cup grated cheese
	6 strips bacon

Combine chopped meat, beaten egg, Worcestershire sauce, prepared mustard, minced onion, salt* and pepper and pack into a loaf pan. Cover top with the tomatoes drained (save the liquid for soup). Cover with grated cheese and lay bacon strips in a row over cheese. Bake in a moderate oven of 400 deg. F. for 1 hour.

« *Somerville Meat Loaf* (★)

2 pounds beef, ground	1 teaspoon dry mustard
¾ cup suet	4 tablespoons minced green pepper
2 small onions, minced	¾ cup tomato ketchup
2 cups soft bread crumbs	4 tablespoons Worcester- shire sauce
3 teaspoons salt*	
2 eggs	
4 tablespoons horseradish	

Mix well all ingredients except ketchup. Pack in a greased bread pan. Cover top of loaf with tomato ketchup,

* *Worcester Salt*

and bake in a hot oven at 400 deg. F. for 60 minutes. This loaf may be made of left-over meat and is delicious hot or cold.

« Chicken à la King (★)

2 cups diced chicken meat	1 can or 1½ cups fresh mushroom caps
5 tablespoons oil	1 teaspoon salt*
3 tablespoons chopped pimientos	3 cups thin cream
6 tablespoons chopped green peppers	1/3 cup flour
1 tablespoon capers	3 tablespoons fat
	2 egg-yolks
	Paprika

Cook mushroom caps 5 minutes in the oil, then add the mixture to the chicken, capers, peppers and pimientos, and add a dash of paprika and the salt. Prepare a white sauce of the fat, flour, and cream, beating the 2 egg-yolks, and pouring the sauce on them when it is done. Add the chicken mixture, heat thoroughly, and serve on slices of buttered toast.

« Turkey Casserole (★)

Left over turkey	1½ cups milk
Left over turkey stuffing	3 egg-yolks
6 tablespoons fat, butter or margarine	1 teaspoon salt*
2 tablespoons flour	1 lb. mushrooms
	rooms
	¼ cup bread crumbs

Cut left-over turkey into good sized pieces. In the bottom of a casserole arrange a layer of cold stuffing and then place the turkey slices on top. Meanwhile prepare a sauce by melting 2 tablespoons fat, adding flour and stirring until smooth. Next add milk and when the sauce is thickened, pour it over beaten egg-yolks and add ½ teaspoon of salt*. Pour this sauce over turkey and cover with mushrooms which have first been chopped and cooked in 2 tablespoons of fat until tender, then combined with the bread crumbs, 2 tablespoons fat and ½ teaspoon of salt*. Bake in a hot oven of 400 deg. F. for 30 minutes.

*Worcester Salt

« Veal Collops (D)

2 pounds veal	Cracker Crumbs
Egg	Salt* and pepper

Cut the veal in pieces the size of an oyster, dip in beaten egg, roll in cracker crumbs and season with salt* and pepper. Fry in deep fat (375-400 deg. F.).

« Stuffed Breast of Veal (D)

4 lbs. breast of veal	1 teaspoon thyme
1 cup bread crumbs	1 teaspoon salt*
2 slices salt pork	¼ teaspoon pepper

The butcher will prepare the veal for stuffing, if requested to do so. If he has not done so, make an incision between the ribs and the meat. Fill this cavity with the stuffing made from the bread crumbs, pork, thyme, salt* and pepper. Dredge the meat with salt*, pepper and flour, and place in a pan with some fat. Roast fifteen minutes in a hot oven (500 deg. F.), then reduce the heat to 350 deg. and allow twenty to thirty minutes roasting time for every pound of veal. Make a gravy with the drippings, using one tablespoon flour and one cup water to one tablespoon of drippings. If the meat seems dry, add a little water after the meat has browned.

« Chicken, Maryland Style (D)

2 young chickens	1 cup milk or cream
Flour	½ cup butter or other mild fat
Salt* and pepper	2 eggs
Bread crumbs	

Clean and disjoint young chickens, leaving the breasts whole. Put the necks and giblets into cold water and simmer to obtain a cup of stock for the gravy. Sprinkle each piece of chicken with salt* and pepper, dip in flour, beaten egg and soft crumbs and place in a greased pan. Bake in a hot oven (480 deg. F.) from thirty to forty minutes, basting frequently with one-fourth cup of fat melted in

one-fourth cup of hot water. When the chicken is done, make a gravy from the fat left in the pan, stirring in two tablespoons of flour, one cup of milk or cream and the cup of stock made from the giblets. If you like, add a few button mushrooms. Serve the chicken with the gravy poured around it.

« *Pressed Chicken* (D)

1 chicken	1 tablespoon gela-
Salt* and	tin to each pint
pepper	broth

Clean, singe and cut up a chicken. Place it in a kettle with a little water, cover closely and simmer until the meat will fall from the bones. Lift the pieces from the kettle with a skimmer and scrape all the meat from the bones, separating the white meat from the dark and taking out the pieces of skin. Season with salt* and pepper.

Soften the gelatin in two tablespoons of water for each tablespoon of gelatin and add to the boiling chicken broth. Place the meat in the dish it is to be pressed in, laying the white and dark in alternate layers, and adding from time to time a little of the broth to moisten well. When all the meat is in the dish, pour over it enough of the broth to cover it; lay a plate on top of it; place a heavy weight upon the plate and set away in a cool place. This makes an attractive dish for luncheon, sliced and garnished with parsley.

« *Braised Leg of Lamb* (D)

1 leg lamb	1 sprig each
Cracker	thyme and
crumb	parsley
stuffing	¼ cup drippings
½ onion	3 cups hot
1 carrot	water
1 turnip	1½ teaspoons
½ bay-leaf	salt*
	12 peppercorns

Have the leg of lamb boned. Wipe, stuff with cracker-crumbs stuffing, sew and place in a deep pan. Cook the

sliced onion, the diced carrot, bay-leaf, thyme and parsley in the drippings for a few minutes. Add the hot water, salt* and peppercorns, and pour the mixture over the meat. Cook in the oven (350 deg. F.) for two hours, with the dish covered. Then remove the cover and cook for thirty minutes. Make a brown gravy out of the strained broth in which the meat has been cooked.

« *Turkey Stuffing* (D)

3 quarts stale	¼ teaspoon
(not hard)	pepper
bread crumbs	¼ cup butter or
6 teaspoons salt*	margarine
2 tablespoons	½ cup chopped
sage	onion
2 tablespoons	2 tablespoons
chopped	chopped
celery	parsley

Combine the crumbs, salt*, sage, celery, parsley and pepper. Meanwhile melt fat in a frying pan, add onion, and simmer gently until tender. Then add seasoned bread crumbs and stir and heat until crumbs are browned. The quantities given make enough dressing for a 10 lb. bird.

« *Oyster Stuffing for Turkey or Chicken* (D)

3 cups bread	¼ teaspoon
crumbs	pepper
½ cup melted	1 small chopped
butter	onion
1 teaspoon salt*	1 pint oysters

Mix bread crumbs, melted butter and seasonings, then add oysters and enough of the oyster liquor to soften the dressing. For a large turkey this amount would need to be doubled.

« *Chicken and Almond Mousse* (D)

1 cup white	½ cup finely
meat of	chopped
cooked	almonds
chicken	1½ tablespoons
2 cups chicken	gelatin
stock or	Dash of
broth	cayenne
3 egg yolks	1 cup whipped
1 teaspoon salt*	cream
¼ teaspoon	
pepper	

Soak gelatin in one-half cup cold

*Worcester Salt

stock. Heat remaining stock and add beaten yolks and seasonings. Cook in double boiler until thick as custard. Add gelatin. Mix in almonds and chicken cut fine. When it begins to set, fold in whipped cream. Mold, chill and serve with Sauce Tartare.

« Grilled Chicken and Pineapple (D)

Cooked chicken fillets	3 teaspoons chopped parsley
½ cup melted butter	2 slices pineapple
¼ teaspoon salt*	
¼ teaspoon pepper	

Let cooked chicken fillets stand in melted butter to which salt*, pepper and parsley have been added. Meanwhile brown 2 slices pineapple cut into strips and dipped in melted butter. Turn and arrange alternately with chicken in pan and put under the grill to brown. Make on top of the stove a brown sauce with 3 tablespoons butter, three tablespoons of flour and 1½ cups chicken stock seasoned with 1 tablespoon browned minced onion, 1 teaspoon curry powder, salt* and pepper. Pour over chicken, heat thoroughly, serve with toasted biscuit.

« Chicken Breasts with Cream Mushroom Sauce (D)

Steam broiling chickens until very tender. Remove the breasts, separating the small fillet, and saute lightly in butter, seasoning with a little white pepper. Serve each breast topped with the small fillet and covered with cream mushroom sauce. Garnish with cress and some delicate fresh fruit.

« Cream Mushroom Sauce (D)

1 cup milk	¼ teaspoon paprika
1 cup cream	1 pimienta,
2 tablespoons butter	mashed fine
2 tablespoons flour	½ pound mushrooms,
1 teaspoon salt*	sauteed
½ teaspoon pepper	

*Worcester Salt

Scald milk and cream and cool very slightly. Thicken with butter and flour blended together. Add seasonings, pimienta and sauted mushrooms. Cook until well blended and creamy.

« Chicken in Jelly (D)

2 cups cooked chicken cut in slices	Few grains cayenne
2 tablespoons gelatin	½ teaspoon paprika
½ cup cold water	1 hard boiled egg
2 cups chicken stock	¼ teaspoon pepper
½ teaspoon salt*	1 green pepper

Soak gelatin in cold water. Heat stock, add gelatin, seasoning, and cool. When it begins to thicken, add chicken. Place in a mold, adding slices of egg, chill thoroughly and serve with cress, tomato, lettuce and a tart mayonnaise.

« Chicken Marengo (D)

Cut young chicken in sections, sprinkle with salt* and pepper, dredge with flour and saute in bacon fat. Put into chafing dish, cover with sauce and cook five minutes. Add one-half pound or one can of mushrooms, cut in pieces, and two or three slices of crisp bacon, cut fine.

« Sauce

¼ cup butter	1 cup cooked tomatoes
¼ cup flour	1 small onion, chopped
1½ cups boiling water	1 teaspoon salt*
½ cup chicken jelly or reduced chicken broth	½ teaspoon pepper
	Dash of cayenne

Add tomato to boiling water, add all seasonings and chicken broth. Fry the onion and add. Thicken with butter melted with flour. Cook up once before adding to chicken.

« Roast Goose with Baked Apple (D)

1 eight pound goose	1 teaspoon salt*
	Pinch of pepper

2 cups bread
crumbs
1 chopped onion
2 tablespoon fat
¼ teaspoon sage

6 to 8 apples
¼ cup brown
sugar
3 sweet pota-
toes

Cook the giblets until tender, chop and add to stuffing made by mixing bread crumbs, onion, fat, sage, salt* and pepper. After cleaning and washing the goose thoroughly, stuff and sew the neck and back. Roast for fifteen minutes at 500 deg. F., then reduce the heat to 350 deg. F. and cook about three hours. Wash and core six to eight apples; sprinkle with brown sugar, stuff with mashed and seasoned sweet potato; bake until tender and serve hot with the goose.

« Braised Ducks (D)

1 brace ducks
1 slice bacon
1 carrot
1 onion stuck
with cloves
Thyme

Parsley
Salt* and pepper
1 small turnip,
diced
Oil or cooking fat
Flour

Prepare ducks as for roasting, put them into a large stew-pan with the bacon, carrot, onion and a little thyme and parsley; season with salt* and pepper and cover with water. Simmer over a low fire until the ducks are tender, then remove them from the pan. Cook the turnip in the fat until brown, then drain and cook in liquor in the stew-pan, until tender. Strain the liquor, thicken with the flour and pour the gravy thus made over the ducks. Garnish with 1 of turnip.

SOME UNUSUAL SALAD AND A VARIETY OF DRESSINGS

« Frozen Cheese Salad (★)

3 3-oz. pkgs.
cream cheese
½ cup chopped
green pepper
½ cup chopped
nuts

¼ teaspoon
paprika
½ teaspoon salt*
1 tablespoon
lemon juice
¼ cup heavy
cream

Cream the cheese with a fork until soft. Then add the chopped green

pepper, nuts, paprika, salt* and lemon juice. Last add the cream whipped stiff. Turn into one of the trays of a refrigerating unit and spread smooth with a spatula to a thickness of ¾ inch. Chill until the salad is firm enough to cut into 1-inch squares. Serve on lettuce with French Dressing.

« Shrimp and Pineapple Salad (★)

1½ cups canned
or fresh
cooked
shrimp
1 cup canned
or fresh
pineapple,
diced
½ teaspoon
paprika

2 sprigs
chives
chopped
6 tablespoons
French
Dressing
Romaine
½ teaspoon salt*

Combine the shrimp, pineapple, salt*, paprika and chives. Chill thoroughly, and just before serving, pour over the French Dressing. Toss until well mixed, then arrange on crisp romaine or endive leaves and serve.

« Jellied Chicken and Vegetable Salad (★)

2 tablespoons
granulated
gelatin
3 cups hot
chicken broth
or canned
chicken soup
2 cups cooked
vegetables
(peas, string
beans, carrots,
beets, aspara-
gus, etc.)

½ cup cold water
or chicken
broth
¾ teaspoon salt*
1 cup diced
chicken meat
1 tablespoon
chopped
pimiento
1 green pepper,
minced
Lettuce

Soak gelatin in cold water or broth 5 minutes. Add hot broth and stir until gelatin is dissolved, add salt* and cool. Pour a thin layer of this mixture into a cold wet mold, and let it stiffen slightly. Add some of the vegetables and chicken meat, more jelly, etc., continuing until all ingredients are used. Chill until firm, unmold on lettuce leaves and garnish with parsley or watercress and mayonnaise.

*Worcester Salt

« Chicken and Orange Aspic (D)

Meat of a cooked 5 lb. chicken	½ teaspoon white pepper
1 tablespoon gelatin	1 chopped pimiento
2 tablespoons cold water	1 small finely chopped onion
¾ cup chicken stock	¾ cup cream whipped
1 teaspoon salt*	

To the finely cut chicken meat, add the gelatin which has been soaked in the cold water, dissolved in the hot chicken stock and cooled. Add the salt*, pepper, pimiento and onion, mixed together with the whipped cream. Make aspic as follows:

« Aspic (D)

2 tablespoons gelatin	2 cups boiling orange juice
½ cup cold orange juice	

Soak gelatin in cold orange juice and dissolve in boiling orange juice. Strain. Decorate a large mold with sections of orange, cover with cool aspic and allow it to nearly jell, then put in the chicken mixture. Cover with the rest of the aspic and chill. Serve on a bed of cress or chiccory with mayonnaise, garnished with orange slices, maraschino cherries and walnut meats.

« Fruit Salad with Cheese Dressing (★)

2 grapefruit	¾ cup seeded
½ cup chopped pecan meats	Tokay grapes Lettuce

Combine the grapefruit sections, nut meats, and seeded grapes. Arrange on lettuce and add a cheese dressing made by combining the following ingredients:

4 tablespoons salad oil	1 teaspoon salt*
1½ teaspoons vinegar	¾ teaspoon paprika
⅓ teaspoon pepper	1 tablespoon finely chopped Roquefort
1 tablespoon grapefruit juice	Cheese

Beat with a fork until thoroughly blended.

*Worcester Salt

« Stuffed Egg Salad

Hard boil as many eggs as needed, cut in halves the long way, remove yolks, mash fine and mix thoroughly with a little salt* and pepper, dry mustard and cayenne, and moisten with vinegar and olive oil; refill whites, sprinkle with paprika and serve on lettuce leaves. Serve with mayonnaise or French dressing.

« Carrot Salad (D)

1 cup grated raw carrot	1 tablespoon lemon juice
1 cup chopped raw cabbage or celery, or cabbage and celery com- bined	½ teaspoon salt* Mayonnaise or boiled dressing Lettuce leaves

Mix the ingredients well and serve on crisp lettuce leaves. The grated carrot may be served alone on lettuce or may be combined with cold boiled peas, with chopped nuts and apples, or with onions and radishes.

« Pear Salad (D)

6 pears	½ cup broken walnut- meats and stoned olives, chopped
6 stalks celery	Lettuce leaves
Mayonnaise	
Salt* and pepper	

Select well-formed pears and cut off a bit of the broad end so that the pear will stand steadily on the plate. With a potato-ball cutter remove the center, leaving enough of the pear to make a thick cup. Cut the celery into dice, add broken walnut meats and chopped olives and mix all together with mayonnaise, adding a pinch of salt* and pepper. Fill the pear cups and serve on lettuce leaves.

« Coconut, Celery and Apple Salad (D)

1½ cups mixed diced tart apples and celery	4 tablespoons oil
½ cup shredded coconut	4 tablespoons orange juice
1 tablespoon lemon juice	Salt* Paprika Lettuce leaves Currant or plum jelly

Mix the apples, celery, and coconut. Sprinkle with the lemon juice. Add a French dressing made with the oil and orange juice, with salt* and paprika to taste. Line a salad bowl with lettuce leaves and pile chilled salad in center. Dot with currant or plum jelly.

« *Tomato and Cheese Jelly* (D)

2 tablespoons gelatin	1 cup grated cheese
2 cups tomato juice	¼ cup cold water
1 small bay leaf	1 small onion
1 tablespoon sugar	2 or 3 cloves
	½ teaspoon salt*
	½ teaspoon pepper

Strain tomato juice and cook with onion, bay leaf and seasonings for five minutes. Strain, add gelatin soaked in cold water and dissolve. Strain again. Partly fill small molds with the jelly, and when nearly set add a heaping tablespoon of cheese. Fill the molds with the jelly, chill. Serve with Russian dressing on lettuce or cress.

« *French Dressing* (D)

3 tablespoons oil	¼ teaspoon pepper
¼ to 1 tablespoon vinegar or lemon juice	1 teaspoon salt*

These ingredients make a simple French dressing. Mix the oil, salt* and pepper and slowly add the vinegar or lemon juice, stirring constantly.

IF FRENCH DRESSING IS MADE BEFORE THE MEAL, the addition of a small amount of egg-white beaten with the dressing will make the emulsion more permanent.

« *Mayonnaise Dressing* (D)

2 raw egg yolks	½ teaspoon dry mustard
½ teaspoon salt*	3 tablespoons vinegar or lemon juice
¼ teaspoon pepper	2 cups salad oil
¼ teaspoon paprika	

To the yolks, add dry seasonings, beat

thoroughly, add the vinegar or lemon juice and beat again. Add the oil gradually (drop by drop at first). The mixture should be thick and creamy. Should the mayonnaise curdle, begin with a third egg yolk, add a small quantity of oil to the egg, and then by very small quantities, add the curdled dressing. Tarragon vinegar is sometimes used instead of the ordinary kind.

« *Cooked Salad Dressing* (D)

½ cup vinegar	½ teaspoon salt*
1 teaspoon fat	1/16 teaspoon cayenne
3 egg yolks	Whipped cream, sweet or sour
1 tablespoon sugar	
½ teaspoon mustard	

Heat the vinegar to the boiling point and melt the fat in the vinegar. Beat the egg yolks until thick and lemon colored. Add the sugar, mustard, salt* and cayenne, mixed. Gradually pour the hot vinegar on the yolk mixture, and cook in a double boiler until thick, stirring constantly. Add whipped cream just before serving.

« *Cheese Salad Dressing* (★)

See Fruit Salad with Cheese Dressing.

« *Thousand Island Dressing* (D)

1 cup mayonnaise	1 tablespoon chopped green pepper
4 tablespoons chili sauce	3 tablespoons chopped red pepper
1 tablespoon chives	1 teaspoon paprika
1 tablespoon ketchup	
1 teaspoon tarragon vinegar	

Add chili sauce, chives, ketchup, peppers, paprika and vinegar to mayonnaise.

« *Russian Dressing* (D)

1½ tablespoons lemon juice	1 tablespoon Worcester-shire sauce
2 tablespoons thick chili sauce	½ cup mayonnaise

Mix the lemon juice, chili sauce and

* *Worcester Salt*

Worcestershire thoroughly and add the mayonnaise.

«Fruit Salad Dressing (D)

1 tablespoon corn starch	1½ cups orange juice
1 tablespoon honey	Juice of one lemon
1¼ teaspoons salt*	1 pint of whipped cream
¼ teaspoon mustard	Paprika
Yolks of 4 eggs	

Mix corn starch, honey and seasonings and stir into beaten egg yolks. Add orange juice and cook in double boiler until thick. Chill. Just before serving, fold in juice of lemon and 1 pint whipped cream. Sprinkle with paprika.

«Marinade (D)

3 tablespoons salad oil	1 teaspoon salt*
6 tablespoons lemon juice or vinegar	½ teaspoon pepper
	1 teaspoon onion juice

Mix thoroughly. For fish, use 3 tablespoons vinegar and 3 tablespoons lemon juice.

«Dressing for Green Salads (D)

2 boiled chicken livers (about ½ cup)	½ teaspoon salt*
Yolks of 2 hard cooked eggs	½ teaspoon white pepper
1 teaspoon prepared mustard	3 tablespoons tarragon vinegar
	½ cup salad oil

Mash and mix to a paste the chicken livers and egg yolks. Add seasonings and vinegar. Pour in salad oil, drop by drop, stirring in the same direction, until the consistency of thin mayonnaise.

«Picnic Salad Dressing (D)

(For shrimp, tomato and fish salads)

4 tablespoons horseradish	1 teaspoon salt*
6 tablespoons mayonnaise	2 teaspoons prepared mustard
1 cup cream, whipped	

Mix well.

*Worcester Salt

«Sour Cream Salad Dressing (D)

1 teaspoon salt*	1 tablespoon lemon juice
1 teaspoon sugar	2 tablespoons vinegar
⅛ teaspoon cayenne	1 cup sour cream

This makes an excellent dressing for vegetable salads. Place the salt*, sugar and pepper together in a bowl, mix well and add the lemon juice, then the vinegar. When the mixture is perfectly smooth, put in the cream, stir well and set on the ice until needed.

OUT OF THE SEA

«Scalloped Oysters (D)

1 pint oysters	6 tablespoons butter or other fat
2 cups bread crumbs	Salt* and pepper
¼ cup milk	

Oil a baking dish; put in a layer of crumbs, then a layer of oysters, butter or other fat in small pieces, salt* and pepper. Repeat, ending with a layer of crumbs, with small pieces of fat dotted over them. Do not have more than two layers of oysters. Moisten with milk and oyster liquor mixed together. Bake in a moderate oven (350 deg. F.) until brown, about half an hour, and serve in the same dish.

«Shrimp à la King (D)

1 seeded green pepper	3 tablespoons chopped pimientos
½ lb. cleaned and sliced mushroom caps	¼ teaspoon tabasco
3 tablespoons butter or margarine	1 teaspoon chopped parsley
1 small onion, chopped fine	2 cups canned or fresh cooked shrimp
1½ teaspoons salt*	3 tablespoons flour
1 egg	
2 cups milk	

Cook the shredded green pepper and the mushroom caps in the butter for 5 minutes. Then add the chopped onion, flour, salt*, pimientos, par-

sley, tabasco and shrimp. Heat gently about 2 minutes, then add $1\frac{1}{2}$ cups milk gradually, while stirring constantly. Continue cooking until thickened. Then add $\frac{1}{2}$ cup milk to which the beaten egg has been added. Heat well and serve on toast.

« *Tunafish with Caper Sauce* (D)

2 cups cooked tunafish fresh or canned	$\frac{1}{2}$ cups milk
2 tablespoons butter	3 tablespoons capers
2 tablespoons flour	Paprika
	1 tablespoon minced parsley
	$\frac{1}{2}$ teaspoon salt*

If canned fish is used, turn it from the can on to a plate and steam it until it is hot. In the meantime, melt the butter, stir in the flour and salt*, and gradually add the milk. Add the capers. Transfer the fish to a platter, pour the sauce over it and dust lightly with paprika and parsley.

Fresh cooked fish may be heated in the sauce, or heated separately and served with the sauce poured over it.

« *Oysters with Mushrooms* (D)

1 cup oysters	3 tablespoons butter or other fat
1 cup cooked mushrooms (fresh or canned)	1 teaspoon onion juice
$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ teaspoon lemon juice
3 tablespoons flour	2 egg yolks, or
$\frac{1}{2}$ teaspoon salt*	1 egg

Drain the oysters and put them into a hot pan. Cook until the edges begin to curl, then remove to a hot dish. Make a sauce by adding to the oyster liquor the juice from the mushrooms and enough milk to make a pint. Thicken this with the flour blended with the butter or other fat and cook two to five minutes. Add chopped mushrooms, onion juice, lemon juice and a little salt*.

Beat the yolks of the eggs; add a little of the hot mixture, slowly, then all of it. Add the oysters, and cook

over hot water until the sauce thickens, stirring constantly. Remove from the fire and serve at once.

« *Creamed Lobster* (D)

2 tablespoons butter or other fat	1 teaspoon salt*
2 tablespoons flour	1 teaspoon pepper
1 cup milk	2 cups boiled or canned lobster

Make a white sauce with the fat, flour and milk. Add lobster cut into small pieces and the salt and pepper. Some cooks add a teaspoon of curry.

« *Scalloped Shrimp* (D)

2 cups cooked shrimps, fresh or canned	2 cups boiling water
4 tablespoons butter or other fat	1 teaspoon lemon juice
4 tablespoons flour	1 teaspoon salt*
1 cup bread crumbs	$\frac{1}{2}$ teaspoon pepper
	1 teaspoon mustard

Melt $3\frac{1}{2}$ tablespoons of the fat in a saucepan. Add flour and mustard and beat until light. Gradually pour the hot water on this. Place saucepan on the fire and stir contents until they begin to boil. Add lemon juice, salt* and pepper, and cook for six minutes, then stir in the shrimps. Turn mixture into a shallow scallop dish, cover with the bread crumbs and dot with the half tablespoon of butter broken into little bits. Bake for twenty minutes in moderate oven (350 deg. F.).

« *Crab Ravigôte* (D)

2 cups flaked crab meat	$\frac{1}{2}$ teaspoon salt*
1 cup thick white sauce	$\frac{1}{2}$ teaspoon paprika
2 eggs	1 tablespoon minced parsley
1 tablespoon chopped capers	1 tablespoon lemon juice

Stir crab meat into white sauce and add seasonings and yolks of eggs beaten slightly. Fold in whites after beating until stiff. Pour into a casserole. Cover with buttered bread crumbs. Dust with paprika. Bake at 350 deg. F. until crumbs are browned.

* *Worcester Salt*

LUNCHEON AND SUPPER DISHES

« *A Delicate Dependable Omelet* (D)

6 eggs, beaten separately	½ teaspoon salt*
½ cup milk	¼ teaspoon pepper
1 tablespoon cream	2 drops tabasco sauce
2 tablespoons granulated tapioca	

Add tapioca and seasonings to milk and cook for ten minutes. Cool. Add to beaten egg yolks and cream, then fold in the stiffly beaten egg whites. Heat the omelet pan, butter well, pour in the omelet and cook slowly for five or six minutes. Fold, serve on hot platter.

« *Spanish Omelet* (D)

1 medium sized tomato	Olives
1 small green pepper	Mushrooms
½ onion	Salt* and pepper
2 sprigs parsley	4 eggs
	1 stalk celery

Peel the tomato, add the pepper, onion, parsley, celery, olives, mushrooms, and chop all together in a chopping bowl. Place the mixture in a saucepan, add seasonings and stew for two or three minutes. Beat the eggs, put them in the omelet pan and, as soon as they begin to cook, add the chopped vegetables. Finish as for plain omelet.

« *Mushroom Omelet* (D)

1 cup mushrooms	½ teaspoon pepper
1 tablespoon fat	1 tablespoon flour
½ cup milk or cream	Plain omelet
	1 teaspoon salt*

Use fresh or canned mushrooms cut into bits. Melt the fat in a saucepan, add the mushrooms, the milk or cream, salt*, pepper, and flour which has been mixed to a paste with a little cold milk. Cook for five minutes, then set aside until the omelet

is made. Spread the mushroom mixture over the omelet just before folding.

« *Eggs Louisiana* (★)

1 cup condensed tomato soup	4 eggs
¾ cup cold water	½ teaspoon salt*
1 cup stale bread crumbs	½ teaspoon pepper
½ cup left-over cooked vegetables	½ cup grated cheese
	1 small onion, grated

Combine the soup, water, crumbs, vegetables and onions. Pour into a greased baking dish. Break the eggs carefully on top and sprinkle with salt* and pepper. Cover lightly with the grated cheese and then bake in a hot oven of 400 deg. F. until the eggs are set, about 15 minutes.

« *Eggs and Spinach Creole* (D)

3 cups cooked, chopped spinach	1 tablespoon flour
Dash of mace	2 tablespoons butter
1 teaspoon salt*	3 tomatoes, sauted
½ teaspoon pepper	6 poached eggs
½ cup cream	¼ cup pimiento cheese

To the cooked, chopped spinach add the seasonings, and keep hot.

Put the cheese in double boiler with the cream and thicken with the blended flour and butter. Cook, stirring constantly at first, until smooth and velvety.

Put spinach in a baking dish, cover with slices of sauted tomatoes. Poach six eggs, place on tomatoes, and cover with cheese sauce. Serve very hot.

« *Eggs with Tomatoes* (D)

1 small onion	¼ teaspoon pepper
2 cups tomatoes	6 eggs
1 teaspoon salt*	Toast

Cut the onion into small pieces and place with the tomato in a shallow pan. Stew very slowly for ten minutes. Add salt* and pepper, then re-

*Worcester Salt

duce the heat until the tomato stops bubbling. Break the eggs and slip them on top of the tomato, being careful not to break the yolks. Cook slowly until the whites of the eggs are set, then prick the yolks and let them mingle with the tomato and the whites. The mixture should be quite soft, but the red tomatoes should be quite distinct. Serve at once on buttered toast.

« Salmon Croquettes (D)

1¾ cups cooked salmon, fresh or canned	Salt* and pepper
2 tablespoons fat	Cayenne
1/3 cup flour	1 teaspoon lemon juice
1 cup milk	Eggs and crumbs

Make a white sauce with the fat, flour and milk. Add salt*, a little white pepper, and a few grains of cayenne. To this cream foundation add cold flaked salmon and lemon juice. Spread on a plate to cool. Shape; roll in fine crumbs and fry in deep fat (375-390 deg. F.) from two to five minutes.

« Creamed Mushrooms on Toast (★)

1 lb. mushrooms	4 tablespoons flour
1 small onion, chopped	½ teaspoon salt*
8 tablespoons butter or margarine	Speck of pepper
1½ cups milk	Speck of paprika
	6 slices buttered toast

Wash and remove the stems from the mushrooms. Cover the stems with 2 cups of water, add the onion and simmer until ½ cup of liquor remains. Strain, reserving the mushroom liquor. Melt 4 tablespoons of fat in a saucepan, add the flour and when smooth, add the mushroom liquor, milk and seasonings, while stirring. Meanwhile melt 4 tablespoons fat in a frying pan and saute the sliced mushroom caps in it for 4 or 5 minutes or until tender. Arrange the mushrooms on buttered toast, pouring the sauce over all.

* Worcester Salt

« Spaghetti, Spanish Michel (D)

2 cups spaghetti (broken)	1 onion
1 quart tomatoes, fresh or canned	1 green pepper
½ cup boiled ham	¼ teaspoon pepper
	½ teaspoon salt*

Break the spaghetti into inch pieces. Cook in one quart boiling water until tender, add the tomatoes, and cook fifteen minutes longer. Remove the fat from the ham and try it out. Dice onions and green pepper, and fry slowly in this fat until tender. Chop the ham and add it with the onion, green pepper and seasoning to the spaghetti and tomatoes. Put in casserole and bake fifteen minutes in a moderate oven (350-400 deg. F.).

« Baked Oysters with Spaghetti (D)

¾ pound spaghetti	¾ cup melted fat
1 pint oysters	1½ cups milk
Salt* and pepper	2 tablespoons flour
1 cup bread crumbs	2 tablespoons butter or other fat

Break the spaghetti into small pieces, boil it in plenty of salted* boiling water until it is quite tender, and then drain. Scald the oysters in their own liquor. Oil a baking-dish, put in a layer of spaghetti and then a layer of oysters, season with salt* and pepper, and repeat the layers until all the oysters and spaghetti are used, finishing with a layer of spaghetti. To the liquor from the oysters, add enough milk to make a pint, reserving a small quantity to mix with the flour. Scald the remainder, add the scalded milk to the moistened flour, stir well and cook twenty minutes in a double boiler. Take from the fire, add the fat and pour over the layers in the dish. Top with bread crumbs mixed with melted fat, and bake in a quick oven (400-450 deg. F.) just long enough to brown the crumbs, about ten minutes.

« *Brown Rice Savory* (★)

½ cup brown rice	1 tablespoon lemon juice
1 teaspoon salt*	1 tablespoon butter
1½ cups water	½ teaspoon pepper
1 large can sardines	½ teaspoon salt*
1 teaspoon prepared mustard	Chopped parsley
⅓ teaspoon curry powder	

Cook the rice in the water with 1 teaspoon of salt* until rice is tender. Pour off the oil from the sardines and add to it the prepared mustard, curry powder and lemon juice. Coat the sardines with this dressing. Season the rice with the butter, ½ teaspoon salt* and the pepper and place in a serving dish. Lay sardines on the bed of hot rice and sprinkle the whole with chopped parsley.

« *Cheese Float* (D)

3 "sharp" tin-foil cheeses	½ teaspoon dry mustard
2 eggs	½ teaspoon salt*
2 tablespoons Worcestershire sauce	Sliced Bacon
	Sliced Bread

With a fork mix cheese with eggs, seasonings and Worcestershire. Place on slices of bread toasted on one side only. Put two thin slices of bacon on each and broil until the bacon crisps and the mixture puffs.

« *Welsh Rarebit* (D)

1½ cups finely cut cheese	½ teaspoon sugar
2/3 cup cream	1 teaspoon corn starch
½ teaspoon salt*	Dash of cayenne
1 teaspoon mustard	2 tablespoons butter
2 eggs	

Put butter into chafing dish and set over hot water. When melted, add cheese and seasonings. When cheese is melted, add cream, cornstarch and beaten eggs. Stir constantly, and cook until very smooth and thick. Serve on hot toast with a slice of tomato or on toast covered with finely chopped chutney.

**Worcester Salt*

« *Macaroni Rarebit* (D)

2 cups cooked macaroni	4 teaspoons corn starch
1 pint milk	2 teaspoons salt*
½ lb. cooking cheese	½ teaspoon pepper
Bay leaf	2 drops tabasco
Piece of orange peel	4 tablespoons chili sauce

Scald milk with bay leaf and orange peel in double boiler and add finely cut cheese, stirring until cheese melts. Thicken with corn starch mixed with cold milk, cooking sufficiently. Remove bay leaf and peel, add seasonings (except chili sauce) and macaroni. Pour into shallow baking dish, add the chili sauce and cover with buttered crumbs. Bake in a moderate oven, 375 deg. F., for a half-hour.

« *Cheese Souffle* (★)

4 tablespoons butter	½ teaspoon salt*
3 tablespoons flour	½ teaspoon mustard
1 cup milk	½ teaspoon paprika
1 cup grated cheese	3 egg yolks
	3 egg whites

Melt the fat in a saucepan. Add the flour while stirring. When smooth add the milk, salt*, mustard, and the paprika. When thickened add the grated cheese and stir until smooth. Pour over the beaten egg yolks and blend. Cool. Fold in the whites of the eggs, stiffly beaten. Pour into one large greased casserole or into six or eight individual greased molds. Set in pan of warm water and bake in a moderate oven of 375 deg. F. for 45 or 50 minutes, or until firm. Do not open the oven door during the first ten minutes of baking.

« *Cheese-Macaroni Loaf* (D)

¼ lb. macaroni (broken)	½ cup grated cheese
1 teaspoon parsley	1½ cups milk
2 teaspoons chopped onion	1 egg
	1 teaspoon salt*

1 tablespoon
green pepper
2 tablespoons
fat

$\frac{1}{2}$ cup buttered
crumbs

Cook macaroni in boiling salted* water until tender. Saute the parsley, onion and pepper in the fat until tender. Drain water from macaroni. Place a layer of this in a buttered baking dish, then a layer of peppers, onions and cheese. Repeat until the dish is full. Pour over it the milk mixed with the egg. Cover with buttered crumbs, and brown in oven (400 deg. F.). Serve with tomato sauce.

SUBSTANTIAL VEGETABLE DISHES

« Asparagus Mousse (D)

1 can asparagus tips	2 tablespoons cold water
$\frac{1}{2}$ teaspoon salt*	1 pint cream,
$\frac{1}{4}$ teaspoon pepper	whipped
1 tablespoon tomato ketchup	Sliced tomatoes
2 tablespoons gelatin	Asparagus tips for garnishing
	Nuts
	Mayonnaise

Puree the asparagus tips. Add salt*, pepper, ketchup. Soak gelatin in cold water. Dissolve over hot water and add to asparagus mixture. Fold in whipped cream; mold and chill. Dress with mayonnaise, garnish with tomatoes, sliced, asparagus tips and nuts, and serve with hot cheese balls.

« Hot Cheese Balls (D)

1 cup grated cheese	$\frac{1}{4}$ teaspoon Worcester-
$\frac{1}{2}$ cup fine bread crumbs	shire sauce
	1 beaten egg

Mix all ingredients. Make into small balls. Dip in beaten egg and crumbs and fry in deep fat (380 deg. F.) until light brown. Drain and serve very hot.

« Asparagus with Cheese (D)

1 bunch aspar- agus	1 tablespoon butter
$\frac{1}{2}$ cup grated cheese	$\frac{1}{8}$ teaspoon pepper
1 teaspoon salt*	

*Worcester Salt

Cut asparagus in pieces and boil in salted* water for ten minutes, then place it in a baking dish. Sprinkle with the grated cheese and seasonings, and add the butter in small pieces. Bake in a moderate oven (350-400 deg. F.)

« Corn Pudding (D)

2 tablespoons fat	2 cups corn pulp
2 tablespoons flour	1 egg
$1\frac{1}{2}$ cups milk	1 tablespoon Worcester-
1 teaspoon salt*	shire sauce
$\frac{1}{4}$ teaspoon mustard	Buttered crumbs
	Paprika

Make a sauce of fat, flour, milk and seasonings, add corn, egg slightly beaten, and Worcestershire sauce. Pour into a baking dish, cover with buttered crumbs and bake in a moderate oven (350-400 deg. F.) fifteen to thirty minutes.

« Boston Baked Beans (D)

1 pint pea beans	$\frac{1}{2}$ teaspoon salt*
1 small onion	$\frac{1}{2}$ teaspoon dry
$\frac{1}{8}$ pound salt pork, part fat and part lean	mustard
	2 tablespoons molasses

Soak beans in cold water overnight. In the morning drain and turn them into a bean-pot; or place them in fresh water and simmer gently until the skins begin to burst, being careful that they do not cook long enough to become mushy; and then put them into the bean-pot. Pour boiling water over the salt pork. Scrape the rind until white, score it in half-inch strips, and bury the meat in the beans, leaving only the rind exposed. Mix salt*, mustard and molasses, place in a cup, fill the cup with hot water, stir until well mixed, and pour the liquid over the pork and beans. Add enough water to cover the beans, and bake in a slow oven (250 deg.-350 deg. F.) six to eight hours, adding water to keep them covered until the last hour, when the cover should be removed and the pork should be raised to the surface to crisp.

« Creamed Celery (D)

2 cups celery cut into inch-long pieces	2 tablespoons flour
½ cup milk	2 tablespoons fat
	Salt* and pepper

Wash the stalks clean and cut them into pieces. Place the celery in a stewpan, cover with boiling water and boil until tender (about half an hour), by which time the water should be reduced to about one-half cup. Make a sauce with the celery water, milk, flour and butter. Add the cooked celery and season with salt* and pepper.

« Potatoes Suzette (D)

6 medium-sized potatoes	6 tablespoons buttered crumbs
½ cup hot milk	1 tablespoon grated cheese
2 tablespoons melted fat	Salt* and pepper
6 eggs	

Scrub the potatoes, and bake. Remove a piece of skin from the side of each baked potato to make it boat-shaped. Scoop out the inside, being careful not to break the shell. Mash very thoroughly—it is advisable to put them through the ricer—add butter, salt and milk and beat well. Refill the shell almost to the top, break an egg into each opening, season with pepper and salt* and sprinkle with buttered crumbs that have been mixed with the grated cheese and bake in a slow oven (250-350 deg. F.) long enough to set the egg and brown lightly (about six minutes).

« Fried Squash (D)

2 white squash	Salt* and
Egg and crumbs	pepper

Select white "button" squashes, about four inches in diameter. Pare and cut into thin slices, dip in seasoned crumbs, then in beaten egg, then in more crumbs and fry in deep fat (395 deg. F.) from four to five minutes. When the slices are brown, drain on soft paper. Serve on a platter.

*Worcester Salt

« Corn Soufflé (D)

1 tablespoon fat	Pepper
1 tablespoon flour	1 canned pimiento
½ cup milk	2 cups corn pulp
1 teaspoon salt*	2 eggs
¼ teaspoon paprika	

Make a white sauce, using the fat, flour, milk and seasoning. Rub the pimiento through a sieve and add it to the sauce. Add the corn to the mixture. Cool slightly, then add the well-beaten egg yolks and fold in the stiffly beaten egg whites. Turn into a greased baking dish, set the dish in a pan of hot water and bake in a moderate oven (375 deg. F.) until the egg is set, about thirty minutes.

« Baked Corn and Tomatoes (D)

2 cups cooked corn	1 teaspoon sugar
2 cups toma- toes	1 cup fresh bread crumbs
1 teaspoon salt*	3 tablespoons fat
Pepper	

Mix seasonings with the corn and tomatoes and pour all into a greased baking dish. Spread the crumbs over the top, dot them with the fat, and bake in a moderate oven (350-400 deg. F.) for one hour.

« Spanish Potatoes (D)

1 tablespoon minced onion	2 cups boiled potatoes, diced
2 tablespoons chopped green pepper	½ cup cold cooked ham, chopped
2 tablespoons chopped pimiento	1 teaspoon salt*
2 tablespoons oil or cooking fat	½ teaspoon paprika

Saute the onion, pepper and pimiento in the fat until light brown, add the diced potatoes, the chopped ham and seasonings and cook until thoroughly heated through.

« Turnips in Cream (D)

1 pound white or yellow turnips	4 tablespoons fat
2 cups milk	Salt* and pepper
4 tablespoons flour	

Pare the turnips, cut them in cubes and cook until tender. Make a white sauce of the flour, fat, milk and seasonings. Pour sauce over turnip cubes and serve.

« Sweet Potato Boulettes (★)

6 medium sweet potatoes	4 tablespoons melted butter
2 teaspoons salt*	3 slices bacon
¼ teaspoon pepper	Parsley

Cook the potatoes until tender, rice and mash well. Add the salt*, pepper and 3 tablespoons melted fat. When cool enough to handle, form into round balls 2 inches in diameter. Sprinkle with the chopped bacon, brush with 1 tablespoon melted butter and brown in a moderate oven of 375 deg. F. for 12 minutes. Garnish with parsley.

« Sweet Potato Fluff (D)

3 cups sweet potato, mashed	3 tablespoons butter
1 cup pineapple juice	¾ cup shredded pineapple
2 teaspoons salt*	Paprika

Mix ingredients in order given, place in baking dish and brown.

« Spanish String Beans (★)

2 medium onions	½ diced green pepper
2 tablespoons butter	2 whole cloves
1½ cups pureed stewed tomatoes	2 teaspoons sugar
1 bay leaf	2 lbs. cooked fresh string beans
¾ teaspoon salt*	

Slice the onions, add the butter, tomatoes, salt*, green pepper, cloves, bay leaf and sugar. Simmer 15 minutes, then remove bay leaf and cloves and add the beans. Heat well and serve. Two No. 2 cans of string beans may be used in place of the fresh beans.

« Baked String Beans and Bacon (★)

2 lbs. string beans	½ teaspoon pepper
6 slices bacon	3 tablespoons melted fat
1½ cups thin cream or Thin White Sauce	½ cup fine bread crumbs
1¼ teaspoons salt*	

Cook the string beans, cut in inch lengths, until tender. Meanwhile cut the bacon into dice and fry until crisp. Add the bacon to the beans, together with the thin cream or white sauce, salt*, pepper and 2 tablespoons melted fat. Arrange in a greased casserole and cover with the fine crumbs which have been mixed with 1 tablespoon melted fat. Bake in a hot oven of 425 deg. F. for 20 minutes, or until golden brown.

« Broiled Tomatoes with French Dressing (★)

6 firm medium tomatoes	2 teaspoons mustard
8 tablespoons oil	2 teaspoons vinegar
4 teaspoons sugar	2 tablespoons cracker crumbs
1½ teaspoons salt*	2 tablespoons melted butter
2 tablespoons minced onion	

Wash and cut a thin slice from the top of the tomatoes. Then hollow them out slightly. Meanwhile blend together the oil, sugar, salt*, minced onion, mustard and vinegar. Beat well and place 1 tablespoon in the hollow of each tomato. Combine the cracker crumbs and the melted butter and sprinkle a little on each tomato. Arrange in a baking pan and broil under a medium heat in the broiler oven for about 10 minutes, or until the tomatoes are tender, but of good shape. Two or three times during the broiling baste them with some of the dressing. They may also be baked in a moderate oven of 375 deg. F. for about 20 minutes, or until tender.

*Worcester Salt

« Casserole of Vegetables

(D)

1 cup diced potatoes	1/4 cup rice
1 cup diced celery	1 cup canned tomato
1 cup green peas	1 teaspoon salt*
1 cup lima beans	1/2 teaspoon pepper
1 medium onion, chopped	4 bouillon cubes
	2 cups boiling water

Dissolve the bouillon cubes in the boiling water, and combine with the rest of the ingredients. Turn into a casserole, cover and then bake in a slow oven of 350 deg. F. for 2 hours or until all the vegetables are tender.

« Savory Rice, Curried (D)

1 cup washed rice	1 tablespoon curry powder
2 cups cold water	1 cup stewed tomatoes
Scant teaspoon salt*	1 tablespoon butter
2 tablespoons fat	1 beaten egg
1 small onion, diced	

Add water and salt* to washed rice, and cook the Chinese way by steaming it in the top of a double boiler directly on the stove. Do not remove cover. Boil gently ten minutes, or until the steam raises the lid, then place the kettle in the lower part of the boiler and let it cook without removing the cover ten minutes.

In the meantime cook in a hot spider the fat, onion and curry powder. When brown, add the stewed tomatoes, cook a few minutes and press through a sieve. When the rice is done, add one tablespoon of butter, stir with a fork and add one beaten egg and tomato mixture.

Turn this into a buttered mold. Let it stand a short time. When ready to serve, put it in the oven just long enough to reheat and turn out on a dish. Garnish with parsley.

« Mushrooms Au Gratin

(D)

1/2 pound mushrooms	1/2 cup bread crumbs
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*Worcester Salt

1 sliced onion	1/16 teaspoon pepper
2 tablespoons cooking oil	1/4 teaspoon paprika
2 tablespoons flour	1 tablespoon butter
1 cup mushroom stock (made from stems)	1/2 teaspoon salt*
	Juice of 1 lemon

Peel the mushrooms and sprinkle salt* over them to extract the water. Fry the onion in the oil. Add the flour and brown; add the stock, the pepper, paprika, butter, salt* and lemon juice and cook the sauce until it is thickened. Drain the mushrooms and add them to the sauce. Put into a baking dish, sprinkle with crumbs and bake until slightly browned.

SAUCES FOR MEAT, FISH AND VEGETABLES

« Medium White Sauce and Variants (★)

2 cups milk	1/2 teaspoon salt*
4 tablespoons flour	Dash of pepper
4 tablespoons fat	

Melt the fat in the top of a double-boiler and add the flour, salt*, and pepper. Blend thoroughly. Pour in the cold milk and stir constantly until thick. Cover and cook, stirring occasionally, 10 minutes. Makes about 2 cups.

Thin White Sauce: Use only 2 tablespoons each of fat and flour in the above recipe.

Thick White Sauce: Use 8 tablespoons each of fat and flour in the above.

Cheese Sauce: Add 1 cup grated cheese to the Medium White Sauce, after it has thickened.

« Hollandaise Sauce (D)

1/2 cup sweet butter	1 teaspoon salt*
Yolks of 3 eggs	1/4 teaspoon pepper
Juice of 1/2 lemon	1/2 cup boiling water

Beat the butter to a cream, add the yolks of the eggs, one at a time, and beat well, then add the lemon juice, salt* and pepper. About five minutes before serving, add the boiling water, a little at a time, stirring well. Place the bowl in a saucepan of boiling water, and stir rapidly until the sauce thickens like boiled custard.

« Mushroom Sauce (D)

4 tablespoons fat	1 cup mushrooms, fresh or canned
4 tablespoons flour	Salt* and pepper
2 cups stock	

Make a brown sauce of the fat, flour and stock. Add one cup mushrooms and cook until hot. If the mushrooms are overcooked they will become tough. Three or four minutes is sufficient for those that have been canned and five or six minutes for fresh ones.

This sauce is used with any kind of roasted, broiled or braised meat, particularly with beef.

« Horseradish Sauce (D)

3 tablespoons prepared horseradish	¼ teaspoon salt*
	½ cup cream, whipped

Fold horseradish and salt* into the whipped cream. Serve with baked ham.

« Béchamel Sauce (D)

2 cups chicken stock	¼ cup butter
1 small onion, chopped	¼ cup flour
Small bay leaf	1 cup scalded milk
6 whole pepper corns	1 teaspoon salt*
Dash of cayenne	¼ teaspoon pepper

Cook stock fifteen minutes with seasonings, strain. It should be reduced to one cup. Melt butter, add flour, and when smooth, add to stock and milk. Cool when thick and smooth, and it is ready to use.

« Béarnaise Sauce (D)

4 tablespoons fat	1 teaspoon onion juice
Yolks 4 eggs	1 teaspoon chopped tarragon
½ teaspoon salt*	1 teaspoon chopped parsley
½ teaspoon pepper	
1 tablespoon tarragon vinegar	

Stir the fat until perfectly soft and creamy. Place the egg yolks and the salt* and pepper in the top of a double boiler and beat light with an egg beater, then add one-third of the fat and beat until smooth, add another third and beat again, and then add the remainder and beat until all is perfectly smooth. Add the vinegar and onion juice and beat again. Place over boiling water and cook for three minutes, beating constantly with the egg beater. Remove from the fire, put in the chopped parsley and tarragon and use immediately.

« Spanish Sauce (D)

1 tablespoon minced lean raw ham	2 tablespoons fat
1 tablespoon chopped celery	2 tablespoons flour
1 tablespoon chopped carrot	½ cup stock
1 tablespoon chopped onion	½ cup tomato juice
	½ teaspoon salt*
	½ teaspoon pepper

Melt the fat. Add the ham and vegetables and cook until they are brown. Make a sauce of this mixture and the flour, salt*, pepper and liquid.

« Chateaubriand Sauce (D)

1 tablespoon fat	1 teaspoon minced parsley
1 tablespoon lemon juice	2 cups Spanish sauce
1 teaspoon salt*	
Pepper	

Whip together the fat, lemon juice, salt*, a pinch of pepper and minced parsley. Add the Spanish Sauce, re-heat, stir for a moment and serve.

*Worcester Salt

« *Beurre Noir* (D)

2 tablespoons butter	1 tablespoon chopped
1 tablespoon vinegar	parsley
1 teaspoon lemon juice	$\frac{1}{2}$ teaspoon salt*
	$\frac{1}{4}$ teaspoon pepper

Place the butter in a frying pan and when it is browned add the other ingredients. Boil up once and serve. This sauce is poured over fried or boiled fish just before serving.

« *Parsley Butter* (D)

3 tablespoons butter	1 tablespoon chopped
$\frac{1}{2}$ to 1 table- spoon lemon juice	parsley
	$\frac{1}{2}$ teaspoon salt*
	$\frac{1}{4}$ teaspoon pepper

Cream butter and add lemon juice, chopped parsley, salt* and pepper. This may be used on fish or over potato balls. When intended for potato balls, one-half tablespoon of lemon juice will be enough.

« *Vinaigrette Sauce* (D)

1 teaspoon salt*	1 tablespoon chopped pickle
$\frac{1}{4}$ teaspoon paprika	1 tablespoon chopped green
Few grains pepper	pepper
1 tablespoon tarragon	1 teaspoon chopped
vinegar	parsley
2 tablespoons cider vinegar	1 teaspoon chopped
6 tablespoons olive oil	chives

Mix ingredients in the order given.

« *Sauce Robert* (D)

6 onions	1 tablespoon
2 tablespoons fat	mushroom
2 tablespoons flour	catchup
1 cup stock	Salt* and
1 tablespoon lemon juice	pepper
	Mustard

Slice onions and saute them in the fat in a small saucepan until they are well browned; then add the flour, mushroom catchup, stock, salt*, pepper and mustard to taste and the lemon juice. This sauce may be served with both cold and hot meats.

*Worcester Salt

« *Remoulade Sauce* (D)

2 hard-cooked egg-yolks	2 cups oil
1 raw egg yolk	1 teaspoon mustard
3 tablespoons tarragon	$\frac{1}{2}$ teaspoon salt*
vinegar	1 teaspoon parsley
3 tablespoons cider vinegar	

Put the cooked yolks of eggs through a coarse wire sieve, and then put them in a dish with the raw yolk and the seasoning. Add two tablespoons of the vinegar and beat thoroughly five minutes. Next add the oil, one teaspoon at a time, beating the mixture two or three minutes at a time, after each addition of oil. When five teaspoons have thus been added, the rest of the oil may be put in in larger quantities. Whenever the sauce becomes so thick that the beater turns hard, put in one-half tablespoon of vinegar. This may be varied by adding capers, minced gherkins and a dash of cayenne. Especially good for such vegetables as asparagus, broccoli and artichokes.

« *Mustard Sauce* (D)

1 tablespoon dry mustard	1 tablespoon melted butter
$\frac{1}{2}$ teaspoon sugar	$\frac{1}{4}$ cup boiling water
$\frac{1}{4}$ teaspoon salt*	
1 tablespoon vinegar	

Mix dry ingredients, add liquids, mix well and serve.

RELISHES

« *Corn Relish* (D)

18 ears sweet corn	1 quart vinegar
1 small cabbage	2 cups brown sugar
1 cup chopped celery	$\frac{1}{2}$ cup salt*
4 onions	3 tablespoons mustard
3 large green peppers	

Blanch the corn for two minutes and cut the kernels from the ear. Chop the celery, onions and peppers. Combine all ingredients and cook until the vegetables are tender (25 to 30 minutes). Seal in clean hot jars.

« Quick Christmas Relish

2 cups chopped, pickled beets	Salt* and pepper
5 tablespoons horseradish	Mustard
1 cup chopped red cabbage	Vinegar from pickled beets

Mix beets, horseradish and cabbage. Moisten with the vinegar left from the pickled beets and season with salt* and pepper, and a little dry mustard. Toss together and serve lightly piled in a mound.

« Beet Relish (D)

1 quart chopped cabbage	1 cup grated horseradish
1 quart chopped cooked beets	2 cups vinegar
	1 cup sugar
	Salt*

Combine the cabbage, beets and horseradish and season with salt*. Scald the vinegar, dissolve the sugar in it and add it to the first mixture. Cook until clear. Seal in clean, hot jars.

« Mushroom Catsup (D)

10 lbs. mush- rooms	1 teaspoon ground allspice
½ cup salt*	1 teaspoon ground cloves
1 cup vinegar	1 teaspoon horseradish
Few grains cayenne	1 small onion

Take the freshly gathered mushrooms, wipe them carefully with a damp cloth, chop them and mix them thoroughly with the salt*. Let them stand over night. Mash them, and to this pulp and juice add the chopped onion, spices and vinegar. Put in a kettle and boil slowly until thick. If desired, this catsup may be strained. If too thick, thin with vinegar. Seal in clean, hot jars.

QUICK HOT BREADS FOR COLD DAYS

« Baking Powder Biscuit (D)

2 cups flour	2 tablespoons shortening
4 teaspoons baking powder	¾ cup liquid (all milk or half milk and half water)
1 teaspoon salt*	

*Worcester Salt

Mix dry ingredients and sift twice. Work in the shortening with the tips of fingers, or cut in with two knives. Add the liquid gradually, mixing with a knife to a soft dough. Owing to differences in flours, it is not always possible to determine the exact amount of liquid. Toss on a floured board, pat and roll lightly to one-half inch in thickness. Shape with a biscuit cutter. Bake in a hot oven (450-460 deg. F.) twelve to fifteen minutes.

« Corn Bread (D)

1 cup sour milk	1½ cups corn meal
½ teaspoon soda dissolved in 1 teaspoon water	White 1 egg beaten stiff and added last
1 egg yolk	
½ teaspoon salt*	

Mix in the order given and bake in a shallow pan in a moderate to hot oven (400-425 deg. F.) for twenty minutes.

« Griddle Cakes (*)

1½ cups flour	¾ teaspoon salt*
3 tablespoons sugar	1 egg, beaten
3½ teaspoons baking powder	¾ cup milk
	3 tablespoons melted fat

Sift together dry ingredients, add milk, mixed with egg and the fat. Beat all together until smooth. Bake on a hot griddle until brown.

« Graham Griddle Cakes (D)

1 cup graham flour	1 tablespoon sugar
½ cup flour	½ teaspoon salt*
1 teaspoon soda	2 teaspoons melted short- ening
2 cups sour milk	

Mix flour, sifted with salt* and sugar, with the graham. Dissolve soda in sour milk. Mix all together. They should be thin. Fry on a hot griddle.

« Muffins (D)

2 cups flour	1 egg
½ teaspoon salt*	2 tablespoons melted short- ening
1 tablespoon sugar	
1 cup milk	

Mix and sift the flour, salt*, sugar

and baking powder. Add the milk gradually, the well-beaten egg and melted fat. Pour into well greased muffin tins, filling the tins two-thirds full. Bake in a hot oven (400-425 deg. F.) from twenty to twenty-five minutes.

«Nut or Fruit Muffins (D)

¼ cup shorten- ing	3 teaspoons baking pow- der
¼ cup sugar	¾ cup milk
1 egg	½ cup chopped nuts
¼ teaspoon salt*	
2 cups flour	

Cream shortening, add sugar and beaten egg. Sift flour, salt* and baking powder. Add alternately with milk. Add nuts last. Stir well and bake in muffin tins in a moderate oven (375-400 deg. F.) for fifteen to twenty minutes.

Dates or raisins may be substituted for nuts. Dredge fruit with a little flour.

«Graham Muffins (D)

2 cups graham flour	1½ cups sour milk
2 tablespoons sugar	½ tablespoon shortening
½ teaspoon salt*	1 teaspoon baking pow- der
1 egg	
¾ teaspoon soda	

Sift the flour with the other dry ingredients, and turn the bran back into it. Add the milk gradually, the well-beaten egg, and the melted shortening. Fill well-greased muffin tin about two-thirds full and bake in a hot oven (400-425 deg. F.) from 20 to 25 minutes.

«Corn Muffins (D)

1 cup corn meal	1 cup milk
1 cup flour	1 egg
½ teaspoon salt*	2 tablespoons shortening
4 teaspoons baking pow- der	

Mix and sift the corn meal, flour, salt*, and baking powder. Add the milk gradually, then the well-beaten egg and melted fat. Bake in well-greased muffin pans in a hot oven (400-425 deg. F.).

«Blueberry Muffins (D)

2 cups flour	1¼ cups milk
4 teaspoons baking pow- der	3 tablespoons melted shortenn g
½ teaspoon salt*	1 cup floured blueberries
2 eggs	

Sift two cups flour (reserving two tablespoons to flour the berries), with the baking powder and salt*. Beat egg yolks with sugar until creamy. Add the milk and melted shortening. Add to the sifted flour and stir until smooth. Add the beaten egg whites. Fold in the blueberries. Heat greased muffin pan and partly fill with the mixture. Bake about twenty-five minutes in an oven at 350-375 deg. F.

«Rice Muffins (D)

½ cup cold boiled rice	1 cup milk
2 cups flour	3 tablespoons melted shortening
6 teaspoons baking pow- der	2 tablespoons sugar
1 teaspoon salt*	1 egg

Sift flour with baking powder and salt*. Add sugar. Add rice to milk and beaten egg. Combine the two mixtures, add melted shortening and stir lightly. Bake in greased muffin tins in oven at 375 deg. F. for about fifteen to twenty minutes. Dates and raisins may be added.

«Popovers (D)

1¼ cups flour	1 teaspoon sugar
¼ teaspoon salt*	1 cup milk
2 eggs	

Mix the flour, salt* and sugar. Gradually add the milk and the well-beaten eggs. Beat thoroughly. Have ready some small ramekins or muffin pans, well-greased and piping hot. Fill them about half full of the batter and bake in a hot oven 450 deg. F.) for twenty minutes. Lower to 350 deg. F. and bake fifteen to twenty minutes more.

«Waffles (D)

1½ cups flour	1 cup milk
½ teaspoon salt*	2 eggs
3 teaspoons baking pow- der	1 tablespoon shortening

*Worcester Salt

Mix the flour, salt* and baking powder, add the milk gradually, then the eggs beaten very light, and the melted shortening. Be sure that both sides of the waffle iron are hot.

« Individual Coffee Cakes

(D)

½ cup butter	3 teaspoons
1 cup sugar	baking powder
2 eggs	¼ teaspoon salt*
1½ cups flour	½ cup milk

Cream butter and sugar, add eggs slightly beaten, milk and dry ingredients, sifted together. Pour into buttered muffin tins and bake in a moderately hot oven (400 deg. F.) for 15 minutes or until done. Cover with a frosting of 3 tablespoons sugar, 1 tablespoon cinnamon, 2 to 4 tablespoons ground nuts, and serve hot with coffee. The frosting may be sprinkled on the dough just before baking.

THE AMERICAN DESSERT -- PIE

General Rules for Pastry

(★)

1. The flour used should be a fine, soft, starchy flour.
2. Any good shortening may be used.
3. Ingredients and utensils must be cold.
4. Handle pastry as little and as lightly as possible.
5. Chill pastry when possible before shaping into pies.

« Plain Pastry (★)

1½ cups pastry	½ teaspoon salt*
flour	½ cup shortening
½ teaspoon	ing
baking powder	Cold water

Sift together the flour, baking powder and salt*. Cut shortening into the flour, using two knives or a pastry blender until flour-fat particles are about the size of a navy bean. Add cold water to make a stiff dough. Chill pastry for 1 hour if possible.

« Lemon Pie (D)

1 cup sugar	1 tablespoon
3 tablespoons	melted butter
flour	1 cup boiling
1 lemon	water
3 eggs	3 to 6 table-
¼ teaspoon salt*	spoons sugar,
	for meringue

Mix flour, sugar and salt*, and add boiling water gradually, stirring constantly. Add butter and grated rind of the lemon and cook fifteen minutes over hot water. Add lemon juice and beaten yolks of eggs, stirring the eggs in quickly. Take from the fire, cool, and turn into a baked crust. Cover with a meringue made from the stiffly beaten egg whites and sugar. Brown in a slow oven (300-350 deg. F.). This mixture may also be baked in an uncooked crust.

« Rhubarb Meringue Pie

(★)

2 cups diced	2 tablespoons
rhubarb	flour
¾ cup sugar	¼ teaspoon salt*
1 cup milk	1 teaspoon
2 eggs	lemon juice
Pastry	¼ teaspoon
¼ cup sugar	vanilla

Stew rhubarb and ¾ cup sugar until soft. Cool, add milk and beaten eggs with sugar, flour, vanilla and salt*. Add lemon juice. Pour into pastry lined pie plate and bake in a hot oven of 450° F. for 10 min., then in a slow oven of 325° F. for 30 min. Cover with meringue (made with two stiffly beaten egg whites and 4 tablespoons powdered sugar). Bake in a slow oven of 300° F. for 30 minutes.

« Custard Pie (D)

2 or 3 eggs or 4	½ teaspoon cin-
to 6 yolks	namon or
½ cup sugar	nutmeg
½ teaspoon salt*	2 cups hot milk

Beat the eggs, add sugar, salt*, cinnamon and milk. Mix well and pour into unbaked crust. Place in a hot oven (450 deg. F.) for ten minutes to bake sides and bottom of crust. This will help to prevent a soggy crust. Decrease the heat and cook (at 325

*Worcester Salt

deg. F.) until a silver knife inserted in the center will come out clean. (About 30 minutes.) The custard must not boil at any time.

« Coconut Custard Pie

2 eggs	¼ teaspoon
½ cup sugar	nutmeg
2 cups hot milk	1 cup moist
	coconut
	¼ teaspoon salt*

Beat the eggs and sugar together until light, then add the milk, nutmeg, coconut and salt*. Line a deep pie pan with crust, pour the mixture in and bake at 450 deg. F. for ten minutes. Then reduce the heat to 325 deg. F. and bake until a silver knife inserted in the center will come out clean (about 30 minutes).

« Pumpkin Pie (D)

1½ cups prepared pumpkin	½ teaspoon ginger
2, 3 cup brown sugar	1 teaspoon salt*
1 teaspoon cinnamon	2 eggs
	2 cups milk

Steam or bake fresh pumpkin and put it through a sieve. Canned pumpkin is ready to use. Add remaining ingredients in the order given. Turn into a crust-lined pan and bake. Use a high temperature at first (450 deg. F.) to cook the bottom and sides of crust. Reduce the temperature and continue cooking at 325 deg. F. until a silver knife inserted in the center will come out clean. Do not let the pie boil, as that will make it watery. A delicious addition is one-half cup of fine chopped nut meats. Whipped cream and a tart jelly are also very good with pumpkin pie.

« Butterscotch Pie (D)

1½ cups milk	2 tablespoons
1 cup brown sugar	butter
2 tablespoons corn starch	2 tablespoons
2 eggs	powdered sugar

Heat one cup of milk with the sugar

until the sugar is free from lumps. Mix the corn starch, one-half cup milk and egg yolks and add to the hot mixture slowly. Cook in a double boiler until thick, stirring constantly; then continue to cook for ten minutes longer, stirring occasionally. Remove from fire and add butter. When cool, pour into a baked pastry shell. Cover with meringue made from the stiffly beaten egg whites and the powdered sugar.

« Apple Pie (★)

5 tart apples	1 teaspoon
2, 3 cup sugar	lemon juice
¼ teaspoon	1 teaspoon
grated nutmeg	grated lemon
¼ teaspoon salt*	rind
	1½ teaspoons butter

Line a pie plate with pastry. Pare, core and cut apples into eighths. Arrange a row around the plate ½ inch from edge and work toward center until plate is covered. Pile rest of apples in center of plate. Combine sugar, nutmeg, salt*, lemon juice, and rind, and sprinkle over pie. Dot with butter and cover with upper crust. Bake 30 minutes in a hot oven (450 deg. F.), then reducing the heat to 350° F. for 10 minutes.

« Banana Caramel Pie (D)

2 ripe bananas	½ teaspoon salt*
1 quart milk	3 teaspoons
5 eggs	vanilla
2, 3 cup sugar	

Caramelize sugar (not too dark) in a saucepan and pour into scalded milk, stirring until all is dissolved. Pour on slightly beaten eggs, add salt and vanilla and strain into uncooked pie crust (there will be enough filling for two medium-sized pies). Add the bananas thinly sliced or mashed. Bake in a hot oven 450 deg. F. for 15 minutes to set the crust, then in a moderate oven 350 deg. F. until custard is set when tested with a knife—about three-quarters to one hour. Cover with a meringue and brown.

*Worcester Salt

« Pineapple Pie (D)

2 cups crushed pineapple (juice and all)
2 tablespoons corn starch
½ teaspoon salt*
½ cup sugar
Juice ½ lemon
2 egg yolks

Scald the pineapple. Mix cornstarch, salt* and sugar, and stir into the pineapple. Stir and cook ten minutes. Add lemon juice and beaten yolks slowly. Cover and let cook five minutes. When cool, turn into baked crust, and cover with whipped cream or a meringue made from the whites of the eggs.

« Strawberry Meringue Pie

1 pint fresh sweetened strawberries
Whites of 3 eggs
½ teaspoon salt*
1 cup powdered sugar
Baked pie crust
Vanilla

Beat the whites of the eggs with the salt* until stiff. Beat in the sugar, and flavor with a few drops of vanilla. Drain the berries carefully, and fold into the meringue. Turn into the baked pie crust and brown in a moderate oven (about 30 minutes). Serve as soon as cool.

« Cream Pie (D)

1 cup hot milk
1 tablespoon corn starch
¼ cup sugar
¼ teaspoon salt*
2 egg yolks or 1 whole egg
1 teaspoon vanilla

Scald the milk. Mix the corn starch, sugar and salt* and add hot milk, slowly. Cook 20 minutes over hot water. Beat the egg yolks and add slowly, stirring rapidly. Cool and add vanilla. Put into a baked crust. If egg yolks are used instead of whole egg, make a meringue of the 2 egg whites and 2 tablespoons powdered sugar. Brown in oven. If the whole egg is used, top with whipped cream just before serving.

To make banana cream pie, slice fruit in bottom of baked crust and cover with the pie filling. Top with either meringue or whipped cream.

« Mince Meat Tarts à la Mode (D)

2 pounds lean beef
1 pound chopped suet
4 pounds tart apples
3 pounds sugar
3 pounds currants
2 pounds raisins
1 nutmeg
¼ teaspoon ground mace
2 oranges
2 lemons
½ pound citron
1 tablespoon salt*

Stew the beef in very little water until quite tender, cool and chop as fine as possible. Add the beef suet, chopped fine, and pared, cored and chopped apples, the sugar, currants, raisins, spices, orange and lemon juice, the grated rind of the oranges and one lemon, chopped citron and salt*. Mix thoroughly. Cook one hour. Pack in a stone jar and keep in a cold place. The mince meat should be thoroughly stirred each time any is taken out and occasionally moistened with a little grape juice or orange juice.

Cut plain pastry to fit muffin tins, fill with mince meat, cover with top crust and bake in a hot oven (400 to 450 deg. F.). On top of each tart, serve ice cream.

FAVORITE CAKES, COOKIES AND ICINGS

« Two-Egg Cake (★)

½ cup shortening
1 cup sugar
2 eggs
1¾ cups pastry flour
½ cup milk
2½ teaspoons baking powder
½ teaspoon salt*
½ teaspoon vanilla

Cream the shortening and add sugar gradually while creaming. Add beaten eggs and beat well until thoroughly blended. Sift dry ingredients together. Mix flavoring with the milk and add alternately with sifted dry ingredients to sugar mixture. Eggs may be separated if desired, in which case add beaten yolks to sugar and shortening, and fold in stiffly beaten egg-

*Worcester Salt

whites last. Pour into 2 greased and floured layer cake pans and bake in a moderate oven of 375 deg. F. for 25 minutes. This may be baked in a greased and floured loaf pan for 50 to 60 minutes at 350 deg. F. or in greased and floured cup cake tins at 375 deg. F. for 30 minutes. Frost with any desired icing.

White Cake: Increase pastry flour in above recipe to 2 cups, decrease baking powder to 2 teaspoons, and add three beaten egg whites last. Omit egg yolks, or whole eggs as given above. Use 1 teaspoon of vanilla.

Gold Cake: Decrease sugar to $\frac{3}{4}$ cup, and use 6 egg yolks instead of two whole eggs. Decrease baking powder to 2 teaspoons.

The method of procedure for white or gold cake is the same as for the basic two-egg cake.

«Ginger Bread (★)

$\frac{1}{4}$ cup butter	2 teaspoons cin-
$\frac{1}{4}$ cup sugar	namon
1 egg, beaten	1 teaspoon
$\frac{1}{2}$ cup molasses	ginger
$\frac{1}{2}$ cup sour milk	$\frac{1}{4}$ teaspoon salt*
1 $\frac{1}{4}$ cups flour	$\frac{1}{2}$ teaspoon
1 teaspoon	baking pow-
cloves	der
$\frac{1}{2}$ teaspoon soda	

Cream butter and add sugar. Add beaten egg and molasses and beat together for 1 minute. Sift together the dry ingredients and add alternatively with sour milk. Pour into a greased and floured loaf pan and bake in a moderate oven of 350 deg. F. for 40-50 minutes.

«Sponge Cake (★)

6 eggs, sep-	$\frac{1}{2}$ teaspoon fla-
arated	avoring
1 cup sugar	1 cupful pastry
1 tablespoon	flour
vinegar	$\frac{1}{4}$ teaspoon
	salt*

Beat yolks until thick and lemon colored; add sugar gradually. Add vinegar and flavoring. Sift flour once be-

fore measuring, then sift flour four times with salt*. Add to egg and sugar mixture. Fold in stiffly beaten egg whites and bake in ungreased tube pan in slow oven of 320 deg. F. for 1 hour.

«Fudge Cake (D)

1 cup sugar	1 cup sour milk
$1\frac{1}{2}$ cups flour	3 tablespoons
$\frac{1}{2}$ teaspoon soda	shortening
1 teaspoon	2 squares bit-
baking pow-	ter chocolate
der	1 teaspoon
1 egg yolk	vanilla
$\frac{1}{2}$ teaspoon	
salt*	

Sift flour before measuring and again with baking powder, soda and salt*. Add sugar and mix well. Add sour milk and yolk of egg. Last add bitter chocolate and shortening melted together, and flavoring. Bake in two layers and put together with Fudge Frosting.

«Fudge Frosting (D)

2 cups sugar	1 teaspoon
$\frac{1}{2}$ cup milk	vanilla
$1\frac{1}{2}$ tablespoons	6 marshmal-
butter	lows or 2
2 squares	heaping table
chocolate	spoons
1 tablespoon	marshmallow
corn syrup	whip

Put first five ingredients into a saucepan and boil to soft ball stage (234 deg. F.). Remove from fire and stir in the marshmallows just until they dissolve. Cool and add vanilla and beat until right consistency to spread on cake. If frosting is too stiff to spread well, thin to the right consistency with cream.

«Queen's Cakes (D)

1 cup butter	$\frac{1}{3}$ teaspoon
2 cups sugar	soda
2 cups flour	Grated rind of
8 eggs	one orange
$\frac{1}{2}$ teaspoon salt*	4 tablespoons
	orange juice

Cream butter, add sugar and beat in the eggs, one at a time. Sift flour with salt* and soda, beat into mixture, add rind and orange juice and beat thor-

*Worcester Salt

oughly. Bake in small muffin or cup cake tins in oven 375 deg. F. for about 20 minutes. Ice with orange icing.

« *Chocolate Cup Cakes* (D)

½ cup shorten- ing	1 teaspoon vanilla
1 cup sugar	½ teaspoon salt*
½ cup milk	2½ teaspoons
1¼ cups flour	baking pow- der
2 eggs	
3 squares choc- olate	

Proceed as for two-egg cake, adding chocolate, melted, before milk and flour.

« *Peppermint Wafers* (D)

¼ lb. pepper- mint sticks	1 teaspoon salt*
¼ pound flour	2 eggs

Chop candy fine and soften in a china bowl over hot water. Add slightly beaten eggs and beat for 15 minutes. Remove from water and beat until cold. Add flour, sifted with salt*, and put through a pastry bag onto a greased pan. Cover, setting aside overnight to allow a crust to form. Bake in a slow oven, 350 deg. F., for 15 minutes.

« *Butterscotch Sticks* (D)

¼ cup butter	¼ teaspoon salt*
1 cup brown sugar	1½ teaspoons
1 egg	baking pow- der
¼ cup broken nut meats	1 teaspoon vanilla
1 cup sifted flour	

Melt butter in a saucepan, add sugar and when blended remove from the fire and cool until lukewarm. Add unbeaten egg to mixture and beat well. Mix flour, salt* and baking powder, and add to the sugar mixture. Then add the nut meats and vanilla and spread the mixture in a shallow pan lined with plain paper which has been greased. Bake 30 minutes in a hot oven. While hot, cut into strips an inch wide and 4 inches long. This recipe makes about 2 dozen.

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« *Washington Bars* (D)

1 egg white	¼ cup chopped nuts
¼ teaspoon salt*	2 tablespoons shredded coconut
¼ cup sugar	¼ teaspoon lemon extract
1 cup corn flakes	
1 cup chopped candied cherries	

Beat the egg white and salt* until very stiff. Add sugar gradually, beating it in with the beater. Fold in the cornflakes, mixed with the nuts, cherries and coconut and the extract. Divide into twelve portions and with wet fingers, shape into bars. Bake on a well-greased tin in a moderate oven (350 deg. to 400 deg. F.) for ten minutes.

« *Raisin Rocks* (D)

1 cup short- ening	1 teaspoon ginger
1 cup brown sugar	1 teaspoon soda
1 teaspoon salt*	2 cups molasses
Flour	1 cup seeded raisins

Put the shortening, sugar, molasses, ginger, and salt* into a saucepan together. Stir the mixture until it boils; then boil it five minutes. Pour into a bowl and stir in flour and soda sifted together until it is just stiff enough to drop from a spoon. Add the raisins and drop by spoonfuls on to a greased shallow pan. Bake the rocks in a moderate oven (375 deg.-400 deg. F.)

« *Date Crumbles*

1 cup shorten- ing	1 cup flour
1 cup sugar	1 teaspoon soda
2½ cups rolled oats	1 teaspoon salt*

Cream shortening and sugar. Add the rest of the ingredients, mixing well. When very crumbly, press half the quantity on a baking sheet, spread with filling (see recipe following), cover with the rest of the crumbs, pressing well into the filling. Bake in a slow oven (300 Deg. F.) about thirty minutes, browning (450 Deg. F.) for five minutes. Cut into squares at once and remove from the pan when cold. These should not be more than ½ inch thick.

Filling for Date Crumbles: Cut one-half pound dates in small pieces. Add $\frac{1}{2}$ cup milk, $\frac{1}{3}$ cup sugar and 1 tablespoon butter, and cook until thick and smooth.

« Fudge Squares (D)

3 squares chocolate	1 teaspoon baking powder
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon salt*
3 eggs	1 teaspoon vanilla
1 cup sugar	1 cup chopped nuts
$\frac{3}{4}$ cup flour	

Melt chocolate with shortening. Beat eggs, add sugar and beat well. Add flour, sifted with salt* and baking powder. Then add vanilla, nuts and chocolate mixture. Spread $\frac{1}{2}$ inch thick in a greased pan. Bake in a slow oven (325 Deg.-350 Deg. F.) for about fifteen minutes. Cut in squares.

« All Round Icing (★)

$2\frac{1}{2}$ cups sugar	2 egg whites
$\frac{1}{2}$ cup light corn sirup	$1\frac{1}{2}$ teaspoons vanilla
$\frac{1}{2}$ cup water	

Combine sugar, corn sirup and water. Cook to 240 Deg.-242 Deg. F. or soft ball stage. Pour over stiffly beaten egg whites while beating constantly. Add vanilla and beat until almost cold and stiff enough to hold its shape. Spread on cake. This icing may be kept in a covered jar for a week. If necessary, soften with boiling water. Makes enough to fill and frost a 3 layer cake generously.

« Uncooked Icings (★)

Plain Icing

$1\frac{1}{2}$ cups confectioners' sugar	About 3 tablespoons water or milk
Few drops flavoring	

Sift confectioners' sugar into bowl. Add water or milk very gradually until just thick enough to spread easily. Add flavoring and vegetable coloring, if desired. Makes enough to top one cake.

Soft Icing

2 egg whites	$\frac{1}{2}$ teaspoon flavoring extract
1 cup confectioners' sugar	

Beat egg whites until stiff. Add confectioners' sugar gradually, continuing to beat with the egg beater until light and fluffy. Add extract. The icing remains soft and easy to spread. Makes enough to top 1 cake.

Butter Icing

4 tablespoons butter	2 cups confectioners' sugar
3 tablespoons milk or cream	$\frac{1}{4}$ teaspoon vanilla

Cream the butter until soft. Add confectioners' sugar and milk or cream alternately. Add vanilla and spread at once on cake. Makes enough to top one cake.

Uncooked Fudge Icing

$\frac{1}{3}$ cup butter	1 square chocolate, melted
2 cups confectioners' sugar	2 tablespoons cold strong coffee (about)
2 cups chopped walnut meats	

Cream butter and add sugar while creaming. Add melted chocolate and coffee until of a consistency to spread easily. Add chopped walnuts and spread between layers of cake. Makes enough for 2 layers of filling.

« Ginger Coconut Cake (D)

$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ teaspoon salt*
1 cup sugar	2 teaspoons ginger
2 eggs	$\frac{1}{2}$ cup milk
2 cups flour	
4 teaspoons baking powder	

Cream the shortening and add the sugar. Add the egg yolks, beaten until thick. Mix and sift the dry ingredients and add alternately with the milk. Fold in the stiffly beaten egg-whites. Bake in two well-greased layer cake tins in a moderate oven (375 deg. F., 20 minutes). Put layers together and cover top with boiled frosting and moist coconut.

« Spice Cake (D)

1 cup thick sour cream	$\frac{1}{4}$ teaspoon cloves
$\frac{3}{8}$ teaspoon soda	$1\frac{1}{2}$ teaspoons cinnamon
1 cup sugar	$\frac{1}{4}$ teaspoon nutmeg
2 eggs	$\frac{1}{4}$ cup nut meats, if desired
$\frac{1}{2}$ teaspoon salt*	
2 cups flour	
3 teaspoons baking powder	

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Stir the soda into the cream until it foams, then add the sugar and beat well. Beat the eggs till light and add to the first mixture. Mix and sift the remaining dry ingredients and add them to the first mixture gradually, stirring and beating until the batter is smooth. Bake in a moderate oven (375 deg. F., 20-30 minutes).

« Hot Water Sponge Cake (D)

1 cup flour	1 cup sugar
1½ teaspoons baking powder	6 tablespoons hot water
¼ teaspoon salt*	½ teaspoon lemon-juice
2 eggs	

Sift the flour, measure it, add the salt* and sift it again. Separate the yolks from the whites of the eggs, and beat the yolks until thick. Add the sugar gradually and beat again. Add the lemon juice and hot water, and fold in the flour alternately with the stiffly beaten egg whites. Bake in a floured sheet or loaf tin in a slow oven (sheet, 325 deg. F., 30 minutes; loaf, 300 deg. F., 40 to 60 minutes).

« Strawberry Shortcake (D)

2 cups flour	1/3 cup shortening
4 teaspoons baking powder	¾ cup milk
½ teaspoon salt*	Butter
1 tablespoon sugar	Strawberries

Mix and sift the dry ingredients and work in the shortening with the fingers or a knife. Gradually add enough milk to make a soft dough, mixing with a knife. Toss the dough on to a floured board and tap and roll to one-half inch thickness. Bake in sheets for a large shortcake or cut with a biscuit cutter or bake in muffin tins for individual shortcakes. Bake in a very hot oven (450-460 deg. F.) twelve to fifteen minutes. When done, split into two parts, butter and put crushed sweetened fruit between the layers and on top. Serve with plain or whipped cream.

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INTERESTING DESSERTS

« Coffee Soufflé (*)

1½ cups coffee infusion	¼ teaspoon salt*
½ cup milk	3 eggs, separated
2/3 cup sugar	½ teaspoon vanilla
1 tablespoon granulated gelatin	1 cup heavy cream, whipped

Mix the coffee infusion (beverage) and milk with half the sugar and the gelatin and heat in a double boiler. Pour on the slightly beaten egg yolks, rest of sugar, salt*, return to the double boiler and cook until the mixture thickens, stirring constantly. Remove from heat, fold in stiffly beaten egg whites and vanilla. Chill slightly, fold in whipped cream. Chill and serve.

« Coffee Caramel Parfait (D)

1 cup milk	¼ teaspoon salt*
2 tablespoons ground coffee	3 cups cream
1 cup sugar	1 teaspoon vanilla
Yolks 3 eggs	

Scald milk with coffee and add one-half the sugar that has been caramelized; then add yolks of eggs mixed with remaining sugar and salt*. Cook until mixture thickens, stirring constantly, and add one cup thin cream. Cool, strain, add 2 cups thin cream, and vanilla. Freeze, using three parts finely crushed ice to one part rock salt. Pack in one-half pound baking powder boxes, filling boxes to overflowing. Adjust covers, pack in salt and ice, using equal parts, and let stand two hours. Remove from molds to cold platter and roll in Jordan almonds blanched, cut in thin slices, and delicately browned in a moderate oven.

« Bavarian Cream (★)

1 tablespoon granulated gelatin	1 cup scalded milk
¼ cup cold water	½ teaspoon salt*
2 egg yolks	1 teaspoon vanilla
1/3 cup sugar	2 egg whites
	1 cup cream, whipped

Soak gelatin in cold water 5 minutes. Add sugar and scalded milk to the well beaten egg yolks. Return to double boiler, add gelatin and salt*, cook until thickened. Remove and cool. Fold in beaten egg whites, whipped cream and vanilla. Pour into a cold wet mold and chill.

« Spanish Cream (★)

1 tablespoon granulated gelatin	3 egg whites
3 cups milk	½ teaspoon salt*
½ cup sugar	1 teaspoon vanilla
	3 egg yolks

Scald milk with gelatin in double boiler. When the gelatin is dissolved add the sugar and pour slowly over the beaten egg yolks, stirring constantly. Return to the double boiler, cook until thickened, stirring. Remove, add salt* and vanilla and fold in the egg whites beaten stiff. Pour into a cold wet mold and chill.

« Chocolate Cream (D)

6 tablespoons cocoa	½ teaspoon salt*
1/3 cup sugar	1 pint cream
3 tablespoons water	1 egg

Mix cocoa, sugar, water and salt* and cook over fire, stirring until thick and smooth. Cool slightly and pour over stiffly whipped cream and beat thoroughly with a spoon. Add egg and again beat well. Chill in a refrigerator, allowing an hour and a half or two hours for a mechanical refrigerator and longer for an ice-cooled refrigerator.

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« Apricot Crème (D)

1 can apricots	1 pint whipped,
1½ cups orange juice	evaporated milk, meas- ured after whipping
½ cup cold water	(approx- imately 2/3 cup un- whipped)
½ teaspoon salt*	
¼ cup sugar	
2 tablespoons gelatin	

Cook apricots with orange juice and sugar for about ten minutes and press through a colander. Soak gelatin and add with salt* to the hot mixture. Stir well and place bowl containing mixture into a pan of ice water and stir occasionally until the mixture begins to thicken. Then fold in the whipped, evaporated milk, mold and chill. Serve with any fruit syrup.

« Tangerine Tapioca (★)

9 tablespoons quick-cook- ing tapioca	1 cup orange juice
½ teaspoon salt*	Rind 1 orange, grated
2-2/3 cups boil- ing water	1 cup cream, whipped
1 cup tangerine juice	1 cup sugar

Add tapioca and salt* to water, and cook in double boiler 15 minutes or until tapioca is clear, stirring frequently. Add sugar, fruit juices and orange rind. Cool. Fold in whipped cream. Pile lightly in sherbet glasses. Chill. Garnish with tangerine shreds.

« Grape Juice Tapioca (D)

¼ cup granu- lated tapioca	1 cup grape juice
½ cup sugar	1 tablespoon lemon juice
½ teaspoon salt*	1½ cups water
1 egg white	

Boil the tapioca, sugar, salt* and water directly over the fire until thickened, about five minutes. Add fruit juices and continue cooking in a double boiler for three-quarters of an hour until clear and thoroughly cooked. Remove from fire, fold in egg white which has been beaten stiff. Chill and serve with cream or custard sauce.

« Princess Pudding (D)

1 cup tapioca	½ pint glass
1¾ pints boiling water	jelly (currant or plum)
½ cup sugar	½ teaspoon salt*

Cook tapioca, sugar and salt* in the water until clear and jellied. Add jelly and stir until dissolved. Chill and serve very cold with whipped cream, whipped evaporated milk or boiled custard.

« Macaroon Custard (D)

1 pint milk	1 teaspoon
2 eggs	vanilla
1½ tablespoons gelatin	½ cup cold water
¼ teaspoon salt*	¼ lb. dry macaroons
2 tablespoons sugar	

Heat milk in double boiler, add beaten eggs, sugar and salt*, and cook until smooth and the custard coats the spoon. Add the gelatin, which has been soaked in cold water, dissolve, and strain the custard. Add flavoring. Mold and chill. Roll macaroons fine, and when ready to serve, take custard in spoonfuls and roll in powdered macaroons. Serve with sweetened and flavored whipped cream or whipped evaporated milk and garnish with fresh fruit or berries.

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« Peach Pudding (D)

6 sliced peaches, fresh or canned, or ½ cup dried peaches, soaked and stewed	¼ cup sugar
	½ teaspoon salt*
	2 cups milk
	½ teaspoon vanilla
	3 eggs
	Stale bread

Add the sugar, salt* and vanilla to the milk and stir in the eggs, well beaten. Dip slices of stale bread into the mixture and line a quart baking dish with it. Arrange layers of bread and sliced peaches to fill the dish. Pour any remaining liquid over the top. Set dish in a pan of hot water and bake in a slow oven (325-350 deg. F.) until firm (about 30 minutes). Serve hot with any sauce.

« Chocolate Sauce for Ice Cream (D)

¾ cup grated chocolate	½ cup white sugar
½ cup cream	1 teaspoon vanilla
½ cup milk	1 tablespoon butter
½ teaspoon salt*	
1 cup brown sugar	

Put sugar, salt*, butter, chocolate, milk and cream into a saucepan and stir constantly while cooking. Cook to the syrup stage, before it threads (224 deg. F.). Cool a few moments and add vanilla.

The Worcester Salt Company wishes to acknowledge the helpfulness and courtesy extended by the many donors of tested recipes collated for use in this book, especially Delineator and Good Housekeeping magazines. In all cases, those recipes marked with a (D) have been tested, tasted and approved by Delineator, and those marked with a (★) have been tested, tasted and approved by Good Housekeeping.

SALT

AS AN AID TO HEALTH

IODIZED SALT *for prevention of simple goiter:* If you live in any of the so-called "goiter belts" scattered so widely throughout America, you will be particularly interested in this comment on simple goiter by Dr. Esther Lord Batchelder, in *Delineator Magazine* of October, 1932. Dr. Batchelder writes:

"Such a simple thing as the kind of salt has made a tremendous difference in the amount of thyroid enlargement observed in school children in Detroit. As a result of a determined effort to overcome iodine deficiency in that city, endemic goiter in school children has decreased from 36 per cent in 1924 to 2.1 per cent in 1931. Dr. Kimball, who directed the first survey, attributes the success of the effort to the cooperation of state, city, school, and medical authorities with the manufacturers and wholesalers of iodized salt. The cost of iodized table salt was kept the same, and iodized salt was the only kind sold as food in Michigan. Failure to obtain marked improvement during a similar campaign in Cleveland, Ohio, is attributed to lack of cooperation, due chiefly to the hesitancy of the medical profession to endorse the use of iodized salt as a preventive measure. Fortunately, results in Detroit are such as to dispel further fears as to the safety of iodized salt for general consumption. Heretofore there has been some fear that the extra iodine might aggravate another form of thyroid enlargement called hyperthyroidism or toxic goiter. Several hospitals report a marked decline in hyperthyroidism, however, coincident with the use of iodized salt in Michigan."

Worcester Iodized Salt has been accepted by the Committee on Foods of the American Medical Association. It bears their official seal on its package and the committee has authorized the following statement regarding its merits: "Worcester Iodized Salt is for all table and cooking uses of salt. The added calcium phosphate and sodium bicarbonate tend to preserve its free running qualities and loss of iodine respec-



YOUNG AND HEALTHY

Photograph of normal healthy child, free from all trace of goiter trouble. If you value the health, the buoyant vitality of your children, protect them against goiter. Worcester Iodized Salt is valuable for this purpose. It has been accepted by the Committee on Foods of the American Medical Association.

tively. The iodine in the salt aids in preventing goiter caused by insufficient iodine in the diet. Used daily as the only salt on the table and in cooking, it richly supplements the iodine of diets deficient in that element and thus helps to protect against goiter."

SALT

FOR HEALTHFUL BATHING

Salt water baths are recommended for their exhilarating, stimulating effect. The stimulation due to the salt is exerted through the nerve endings and communicated to the whole body, although no salt is absorbed through the skin. Follow the directions given below, if you want to know the true joy of bathing:

(1) *For a gorgeously alive, satin-like skin:*—Draw a tub of hot water. Relax in it for 5 minutes. Then, when your pores are wide open from perspiration, take handfuls of Worcester Salt and massage it thoroughly into your body, your arms and your legs. Now rinse in cool water and your body will be glowingly alive, immaculately clean and sweet—and your skin will be smooth, almost satin-like to the touch.

(2) *For eliminating body odor:*—Salt is the perfect body odor purifier. Unlike talcs, medicated soaps and patent creams, it does not cover up one odor with another or “bottle up” the pores. Instead it removes the cause of body odor by softening, breaking up and removing scales and crusts from the epidermis and so purifying the pores, leaving the body immaculately sweet and clean. For removal of body odor follow same procedure as in Direction No. 1 above or if you must rush and have no time for a bath, simply wet a wash cloth in hot water, cover with salt and massage under the arm-pits and other body parts where odor forms first. Then rinse the cloth and remove the salt. Body odor will be gone.

(3) *How to avoid “house-maid’s hands” after washing dishes or clothes:*—Even when the skin of your hands is shrunken, red and wrinkled from long contact with strong soaps or washing powders, salt will help make it satin smooth again. Simply pour salt into a basin of warm water ($2\frac{1}{2}$ teaspoonfuls of salt to every quart). Keep your hands in this healing solution for 5 minutes. Then note how much smoother they feel. Make



SKIN LIKE SATIN

Salt baths are beauty treatments. To have a gorgeously alive, satin-like skin, draw a tub of hot water. Relax in it for five minutes. Then when your pores are wide open from perspiration, take handfuls of Worcester Salt and massage it thoroughly into your body, your arms, and your legs. Now rinse in cool water and your body will be glowingly alive, immaculately clean and your skin will be smooth, almost satin-like, to the touch.

this 5 minute hand-bath a daily habit and you will never feel ashamed of your hands.

(4) *For instant relief from fatigue when you want to look your best:*—Draw a tub of luke-warm water—pour into it an entire container of Worcester Salt. Then relax in this soothing solution for at least ten minutes for its exhilarating, stimulating effect. The stimulation from the salt acts through the millions of tiny nerve-endings in your skin and swiftly “peps up” your entire being. You will step from your tub feeling rested and radiantly alive.

THE DENTAL COSMOS

A MONTHLY RECORD OF DENTAL SCIENCE
DEVOTED TO THE INTERESTS OF THE PROFESSION

EDITOR

L. PIERCE ANTHONY, D.D.S., F.A.C.D.



Salt

By GEORGE C. McCANN, D.D.S., D

THE most damaging and retarding influence to oral hygiene work is that we as dentists do not prescribe something in which we ourselves have confidence. The drifting of patients, after we have attended them, to the use of stock articles for the mouth, according to taste or claims, cheapens and breaks down any good effect or endeavor we may have built with them. It also weakens our opportunity to study the progress or retardation of cases with a given or known treatment.

Sodium chlorid has been taken as the subject of this paper because clinical observation has made it a recognized basis for a mouth treatment. It will be impossible to cover all the studies, observations and researches that have been made to prove its value. At the outset, one thought, which may or may not be new, must be recognized, that is, the value of salt as a granule or powder or in natural form as compared with nor-

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MATTER

SALT

AS A DENTIFRICE

Leading members of the dental profession now recommend pure salt as ideal for cleansing teeth, for restoring their natural beauty, and for healing bleeding gums. For instance, Dr. Martin Williams in the *Journal of the American Dental Association* writes* :—

"I have been experimenting with a saturated solution of salt water and also with pure salt used with the toothbrush for brushing the teeth and gums, and am greatly surprised at the wonderful results obtained.

"My attention was called to this treatment about a year ago by several of my patients whose mouths were in the pink of condition. On inquiry I found that they used salt water or in some cases pure salt with the toothbrush, doing the work thoroughly. Since then, after scaling the teeth and suggesting the usual hygiene of the mouth, I advise all of my patients to use a saturated solution of salt water or to dip the moistened brush in fine salt and brush the teeth and gums (up and down) twice daily, and am gratified by the splendid results. It will tone up and harden the gums, keep the teeth free from deposits to a great extent and will do more to cure pyorrhea than the usual treatment given. In cases of chronic pyorrhea I give the emetin treatment, internally, in conjunction with the use of the salt water or pure salt. While emetin seems to be of great benefit at least temporarily, the use of the salt treatment will prevent the recurrence of the disease.

"I will cite two cases under my observation: Case 1—Mrs. A., age 45, teeth covered with tartar and slightly loose, gums badly inflamed and bleeding to the slightest touch. I removed deposits very thoroughly and advised the emetin treatment with antiseptic.

* Williams, Martin; 4, p. 1006,
Journal of the American Dental Association.

"RECOGNIZED BASIS FOR MOUTH TREATMENT..."

Reproduction of part of article appearing in *Dental Cosmos*, highly regarded journal of the dental profession, commenting on the fact that sodium chloride (salt) is a recognized basis for mouth treatment.

IDEAL FOR TEETH AND GUMS

Worcester Salt Toothpaste, latest product of the Worcester Salt Company's research laboratories. Dentists write it "meets a long-felt need," because it combines all the recognized advantages of salt in a convenient and pleasant form.



"It cleans teeth thoroughly. It helps restore their natural beauty, it combats acid mouth, and it helps heal spongy, bleeding gums."

tic mouth washes. I did not see patient for six months and to my great surprise the teeth and gums were in a perfect condition. Patient did not use the treatment I had suggested, but used a saturated solution of salt water twice daily.

“Case 2—Mr. H., age 42, presented with gums inflamed, bleeding easily, teeth slightly loose. I cleaned the teeth and advised him to brush them with pure salt, and in three months the teeth were firm in the sockets and the gums in a perfect condition.”

An important new development: The Worcester Salt Company recognizing that salt in its ordinary form, despite its remarkable benefits, is not convenient or particularly pleasant to use, decided some two years ago, at the urging of many members of the dental profession, to attempt to make up a properly prepared solution of pure Worcester Salt into convenient and pleasant toothpaste form. Finally Worcester research scientists, working in collaboration with outstanding dental authorities, succeeded. The result is the new Worcester Salt Toothpaste, the first scientifically prepared salt solution in handy, pleasant toothpaste form.

Already famous dental clinics and more than 4,000 members of the dental profession use and recommend it—and here is the reason. This revolutionary new Worcester Salt Toothpaste does the following 10 important things:

1. It cleans teeth thoroughly.
2. It stimulates the circulation in the gums, making them firm and healthy and even helps heal tender, bleeding gums.
3. It brings out the natural lustre and beauty of the teeth by coagulating film deposits so that the toothbrush can easily remove them.
4. It is absolutely safe—no gritty substances to injure the teeth, nor strong caustics to injure the gums.
5. Its mild antiseptic qualities purify the breath.
6. It stimulates the flow of saliva and so helps your mouth keep itself clean and wholesome.
7. It neutralizes mouth acids quickly and thus helps prevent these acids from dissolving the enamel of your teeth.
8. It lengthens the life of the bristles of your toothbrush and its mild antiseptic qualities help keep your toothbrush sanitary.
9. It dissolves immediately and as a result the salt solution penetrates into those tiny crevices around the teeth and gums, thus insuring mouth health in these hard-to-reach places.
10. It leaves your mouth delightfully refreshed.

These 10 important features explain why the dental profession recommends this new Worcester Salt Toothpaste so heartily. Order a tube today. Your druggist has it or can get it for you within 24 hours.

Comments on Worcester Salt Toothpaste:

Find it an excellent cleanser
and valuable adjunct in the
treatment of pathological conditions
of the oral cavity. Recommend it highly

Comments on Worcester Salt Toothpaste:

Pleasant Taste.

Favorable to Patients.

Have asked my druggist to stock the paste.

Comments on Worcester Salt Toothpaste:

I have been a persistent
advocate of salt for years,
and believe you have a
very valuable product

Comments on Worcester Salt Toothpaste:

I think that the NaCl in your tooth paste
is an important factor and I'll recommend
it to my patients. Please mail me some
samples for distribution to the patients
I thank you

James H. Hays

ASK YOUR OWN DENTIST

Reproduced on these pages are a few of the more than
two thousand enthusiastic comments received from mem-
bers of the dental profession who have used professional
samples of this new Worcester Salt Toothpaste.

Comments on Worcester Salt Toothpaste:

*Yours is the Perfect toothpaste
in a pleasant form.*

Comments on Worcester Salt Toothpaste:

*I favor your Salt toothpaste
very much, and believe it is a
boon to dentistry.*

Comments on Worcester Salt Toothpaste:

*I have always recommended the use
of salt in the home care of the mouth.
I have always wished for a preparation
such as your Salt Tooth paste and now
that you have solved the problem I
sincerely wish to congratulate you.*

Comments on Worcester Salt Toothpaste:

*Worcester Salt Toothpaste is the most
ideal astringent agent that may be used
comfortably and efficiently for maintaining
proper health of the soft tissues of the mouth,
its residual saline taste affords a very pleasant
and satisfying oral cavity into which food colors
concerned are palatable.*

NOTE

Because of professional ethics we cannot broadcast the names of these professional men—but responsible parties will be given their names upon request.

FIELD ARTILLERYMAN'S GUIDE

SECOND EDITION

*Edited by E. St. J. Grible,
Jr. Published by P. Blakiston's
Son & Co. (Philadelphia, 1918.)*

FIRST AID DENTISTRY

- Q. How often should the teeth be cleaned?
- A. After each meal if possible, and if at no other time just before retiring and immediately upon arising.
- Q. How should the tooth brush be used?
- A. With a rotary, up and down motion so as to better cleanse between the teeth, this for at least two minutes, by the watch. Brush gums, palate, tongue, etc., as well.
- Q. What cleansing materials are best for teeth and mouth?
- A. Any good tooth paste or powder, or common table salt if the others are not obtainable, a clean, stiff tooth brush with plenty of water. A teaspoonful of salt to a glass of warm water makes an ideal mouth wash.
- Q. What happens when the teeth are not properly cleansed?

ASK THE A. E. F.

Excerpt from "The Field Artilleryman's Guide." Soldiers in France during the World War discovered that they did not need candy-sweet dentifrices or patent antiseptics to keep their teeth and gums clean and firm, or their breath delightful to the "mademoiselles." Good old salt and water and a toothbrush did the trick.

SALT

THE IDEAL MOUTH WASH

Much ado is being made these days about bad breath, and most of it is sheer nonsense or downright hokum. The American public has been cruelly exploited by advertised nostrums. As a matter of plain fact, any prolonged condition of halitosis (unpleasant breath) requires far more than a mouth wash to correct it. It may come from unhealthy conditions in the intestinal tract, or from several other causes. At any rate it calls for the attention of your family physician.

If a temporary condition exists, the quickest and most effective remedy is simply gargling several times daily with salt and warm water (one teaspoonful of salt to the glass). Salt is a mild lavage and is recognized by authorities as an ideal mouthwash.

It is absurd to pay from seventy-five cents to one dollar a bottle for patent nostrums that are seldom, if ever, as effective, and in many cases merely serve to disguise an unpleasant mouth odor with one of their own concoction. This is as absurd as using a strong perfume to attempt to hide body odor, when what is really needed is a good cleansing bath.

Sore throat is another condition for which patent nostrums are widely advertised. And sore throat is another thing with which the layman should not "monkey." If a sore throat condition does not yield quickly to the simple measure of gargling every few hours with salt and warm water (one teaspoonful to a glass) consult a physician immediately. You may have something far more dangerous than just a "sore throat." So take no chances, you need a physician's advice.

FOOD, NUTRITION AND HEALTH

BY

E. V. McCOLLUM, Ph.D., Sc.D.

AND

NINA SIMMONDS, Sc.D. (HYGIENE)

*Professor, and Associate Professor, of Chemical Hygiene,
School of Hygiene and Public Health, Johns
Hopkins University, Baltimore, Md.*

SECOND EDITION
REVISED

normal conditions.

ISOTONIC SALT SOLUTION.—A practice which is much more effective, and which has been known and followed for many years is that of drinking, on first rising in the morning, a liberal amount of water containing the proper amount of common salt. This is not quickly absorbed and excreted by the kidneys since it contains the same amount of salt as does the blood. Under these conditions the salt water merely runs through the stomach and intestines and washes them out. In the morning the stomach and upper intestine are empty except for saliva and small residues of secretions. One is at this time about twelve hours away from the last meal of the preceding day. Every thing which is of value has been secured from the food taken during the previous day. Anything further which is absorbed does more harm than good. If one takes upon rising the following solution it will pass through the stomach and intestine and wash them out. The solution to which we refer is a quart of water which feels neither warm nor cold (body temperature), containing two level teaspoonfuls of common table salt. This solution has about the same concentration of salt in it as is contained in the blood, viz.,

INTESTINAL HYGIENE

A page from Dr. E. V. McCollum's book, "Food, Nutrition and Health", in which he points out the importance of the *isotonic salt solution* as an important aid to the prevention of constipation, "*one of the banes of civilization.*"

SALT

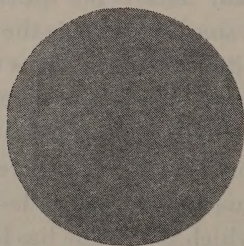
AS AN AID TO THE HYGIENE OF THE INTESTINAL TRACT

Dr. E. V. McCollum, Professor of Chemical Hygiene, Johns Hopkins University, and internationally famous authority on diet, points out in his book "Food, Nutrition and Health," the importance of intestinal hygiene, and the value of salt for this purpose. Dr. McCollum states that:

"Constipation is one of the banes of civilization. It leads to thick-headedness, lassitude, headache, and gives one a sluggish and out-of-sorts feeling. A thorough cleaning of the digestive tract each day improves the feeling of the average person to an extent which is a great and pleasant surprise.

"A practice which is effective, and which has been known and followed for many years is that of drinking, on first arising in the morning, a liberal amount of water containing the proper amount of common salt. This is not quickly absorbed and excreted by the kidneys since it contains the same amount of salt as does the blood. Under these conditions the salt water merely runs through the stomach and intestines and washes them out. In the morning the stomach and upper intestine are empty except for saliva and small residues of secretions. One is at this time about twelve hours away from the last meal of the preceding day. Everything which is of value has been secured from the food taken during the previous day. Anything further which is absorbed does more harm than good. If one takes upon rising the following solution it will pass through the stomach and intestine and wash them out. The solution to which we refer is a

quart of water which feels neither warm nor cold (body temperature), containing two level teaspoonfuls of common table salt. This solution has about the same concentration of salt in it as is contained in the blood, viz., 0.8 of one per cent. The water containing this amount of salt should taste slightly salty but not bitter. One should take this salt water an hour or more before breakfast. It has been found by several years of experience that if one drinks as much of this as possible with comfort (some individuals take only two cups, others three cups, and others the entire quart) and then lie down for about half an hour, the solution passes through the stomach and intestine more quickly than if one stays on his feet after taking it. This differs, however, with individuals. One can soon tell after two or three mornings which way it works most effectively. One should not eat breakfast until the salt water has passed out of the stomach. If it is taken at the proper temperature it will pass out of the stomach in from half to three-quarters of an hour, although it may pass out sooner. In a healthy subject there is practically no absorption of the salt water by the system. By following this practice the intestine is washed out thoroughly at the beginning of each day. Many hundreds of persons have followed this practice daily for years with the most gratifying results . . . no harm can possibly be done by taking it every day for an indefinite period."



SALT

THE HANDY HELPER

There are so many ways in which salt can help about the house, the kitchen and the bathroom, that we cannot hope to list all of them here. However, here are some of the more common uses:

BATHROOM USES

EYE WASH: After removing a foreign particle, or when the eyes are inflamed or after a severe strain, wash the eye with warm salt water to cleanse and soothe it. $\frac{1}{2}$ teaspoonful of Worcester Salt to 1 pint of water.

FOR TIRED, ACHING FEET: Put new life into your feet by bathing them in hot salt water. This stimulates the circulation and removes the waste products which are responsible for the fatigue. Add two handfuls of Worcester Salt to a basin of hot water. Place your feet in it and receive their everlasting gratitude.

FOR MOSQUITO BITES AND ITCHING FROM OTHER CAUSES: The annoyance from itching can be relieved by the application of a paste of salt and bicarbonate of soda. Add a small quantity of water to a mixture of $\frac{1}{4}$ glass Worcester Salt and $\frac{1}{4}$ glass of bicarbonate of soda. If the itching is generalized or on such parts of the body where the paste cannot be applied, take a salt water bath to which has been added $\frac{1}{2}$ pound of bicarbonate of soda. This will provide almost immediate relief from itching and will tend to heal the sores from the bites.

KITCHEN USES

CRACKED EGGS can be boiled without the contents oozing out if a teaspoonful of Worcester Salt is added to the water.

CREAM WHIPS VERY RAPIDLY when a pinch of Worcester Salt is added to the cream before whipping.

SALTING OF VEGETABLES. Vegetables cooked in water which is salted with one level tablespoon of salt to the quart of water will give you vegetables properly seasoned for the average taste. There are cases where some people like a little more salt than this, and some less, but you should try the exact solution as given once, and if it is not perfect to taste then reduce or increase to your own taste.

TO PREVENT ICING FROM SUGARING. Add a pinch of Worcester Salt to the sugar when making cooked icing.

GRAPEFRUIT is more delicious when sprinkled with a little Worcester Salt. It brings out the full flavor as nothing else can.

FISH IS MUCH MORE DELICIOUS when soaked for a few minutes before cooking in a strong solution of Worcester Salt. Try it the next time you prepare fish. Incidentally, to prevent the fish from slipping from the fingers while cleaning it dip your fingers in salt.

POPPING POPCORN. When popping popcorn try covering the bottom of the pan with salt instead of butter or grease. Heat the salt and put in your popcorn and you will find that it pops beautifully.

TO EXTRACT BLOOD FROM FRESH MEAT and to make fowl more appetizing, cover with a layer of Worcester Salt and let stand for several hours. Before cooking rinse in cold water.

TO STEW MEATS, ETC., WITHOUT FEAR OF BURNING. Use a double-boiler for stewing. The inner pot of a double-boiler does not get hot enough to actually boil the liquid in it; it only keeps it at the boiling point. In order to stew meats, the liquid should slowly simmer. You can actually boil in the inner pot of a double-boiler if you make a very salty solution in the outer pot. You should use a very large double-boiler and add to the water in the outer pot at least a half cup of salt to each quarter of water. This will raise the temperature of the liquid in the outer pot to a sufficient height to actually boil any liquid in the inner pot. If you follow this method you need never fear your stew burning because although the liquid boils it cannot burn. Of course, you have to see that the water in the outer pot does not boil away, but that will take a long time. By having a very large double-boiler with three or four quarts of water in the outer pot you can cook stews and go marketing while the stew is cooking without fear of its burning. You only require a very low flame to keep the double-boiler boiling.

HOW TO PREVENT SPLASHING WHEN FRYING. A little salt sprinkled in the pan before putting in the food will prevent splashing when frying meat.

BUTTER MAY BE KEPT HARD WITHOUT ICE by placing the butter dish in another one containing cold salt water.

HOW TO CRACK NUTS PROPERLY. Meats will come out whole from nuts when you soak them in salt water overnight before cracking.

TO CLEAN DRAINS. Sinks and drains can be kept free from grease and disagreeable odors by pouring a strong solution of hot water and salt through them once a week.

HOW SALT CAN HELP YOU ON WASH DAY. Add a handful of salt to the last water on wash day and the clothes will not stick to the line in frosty weather. If clothes pins are boiled in a salt water solution before using they will last longer and will not freeze on the clothes when it is cold. A handful of salt in the rinsing water will keep bluing from streaking clothes in winter. Incidentally, when washing colored fabrics a little salt in the water will prevent the colors from running.

MISCELLANEOUS HOME USES

CUT FLOWERS KEEP LONGER when a pinch of Worcester Salt is added to the water in which the flowers are placed.

TO AVOID A RING AFTER CLEANING WITH GASOLINE. Rub spots on washable goods with a strong solution of Worcester Salt before applying gasoline.

FREEZE ICE CREAM QUICKLY by using Worcester Quick Freezing Ice Cream Salt. It saves time and work—and there's no waste. Pack the freezer with one part Worcester Quick Freezing Ice Cream Salt to three parts of crushed ice. While packing, turn the handle slowly in order to shake down and pack the ice. After the ice cream is frozen pour off the brine and pack with more ice and salt mixture. *Note: Worcester Quick Freezing Ice Cream Salt* also gives splendid results in Vacuum Freezers.

DISCOLORATION ON THE INSIDE OF THE COFFEE POT is often removed by rubbing with a little Worcester Salt. Also salt in the oven under baking tins may prevent their scorching on the bottom. The pudding will cool more quickly if its container is placed in a dish of cold water to which a quantity of salt has been added.

GASOLINE ODORS can easily be removed from hands by rubbing them with a little moistened Worcester Salt.

PERSPIRATION STAINS may be removed by soaking in a solution of Worcester Salt before washing. Use a handful of salt to each quart of water.

TO SET COLORS in Cotton Goods, before washing the first time, soak for 20 minutes in cold water to which a handful of Worcester Salt has been added.

TO REMOVE STAINS AND DISCOLORATION from China and Earthenware. Rub stains with Worcester Salt moistened with a little water.

TO REMOVE DIRT FROM CURTAINS. By adding half a cup of Worcester Salt to the water in which curtains are being soaked the dirt loosens more rapidly.

TO CLEAN SILVER, add $\frac{1}{2}$ cup Worcester Salt and $\frac{3}{4}$ cup soap flakes to sufficient cold water to cover silver in aluminum pan. Remove from fire as soon as it boils. Wash silver in hot soapy water, a few pieces at a time, and dry thoroughly. This method cleans silver beautifully.

TO CLEAN BRASS, COPPER AND PEWTER. Nothing is better for cleaning brass, copper and pewter than a mixture of Worcester Salt with an equal quantity of flour and vinegar. Apply a paste made up of these ingredients. Let the paste remain on for an hour and then rub off. Wash with water and then polish.

MOTHS IN CARPETS can be prevented by scrubbing the floors with a strong solution of hot water and Worcester Salt just before laying the carpet. Sprinkling Worcester Salt on the carpet before sweeping helps to destroy moths.

SMOOTHING ROUGH IRONS. Irons that have become rusty, sticky, or rough can be smoothed to a glass-like finish by rubbing with Worcester Salt and a piece of crinkled-up paper.

TO REMOVE INK SPOTS FROM CARPETS. Pour Worcester Salt immediately on the wet ink spots, changing the salt frequently. This will soak up the ink and remove the spot. Even old spots may be considerably lightened and made inconspicuous by wetting spots with water and applying a thick coating of Worcester Salt.

TO KILL WEEDS in driveways and gutters, wet the ground and sprinkle with a generous quantity of Worcester Salt.

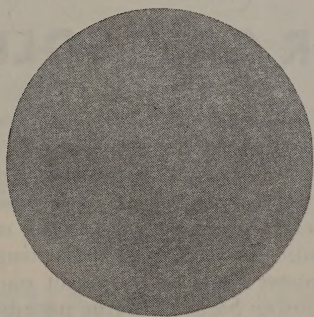
DESTROY POISON IVY by spraying with a solution of three pounds of Worcester Salt to a gallon of slightly soapy water. This method is recommended by the U. S. Dept. of Agriculture. As one spraying will not kill the main stems and roots, the plants should be sprayed again as soon as the new leaves are about full grown.

ICY SIDEWALKS AND ICY STEPS. Sprinkle with Worcester Salt and the ice will melt quickly.

AVOID AUTOMOBILE ACCIDENTS by rubbing a little moistened Worcester Salt on the outside of the windshield. Worcester Salt prevents snow and ice from collecting on the windshield and distorting the vision.

FOR AUTOMOBILES STUCK IN THE SNOW. To secure traction on ice-covered roads or hills throw a quantity of Worcester Salt just in front of rear wheels. The fine salt will immediately melt the ice and snow so that traction on the road can be secured. Always carry a few packages of Worcester Salt in your car during the winter months.

TO RESTORE FRESHNESS TO FADED RUGS AND CARPETS. Wipe vigorously with a wet cloth which has been wrung from a strong salt water solution. Ants can be driven out of the house by sprinkling salt wherever they gather.



HOW TO KNOW WHAT

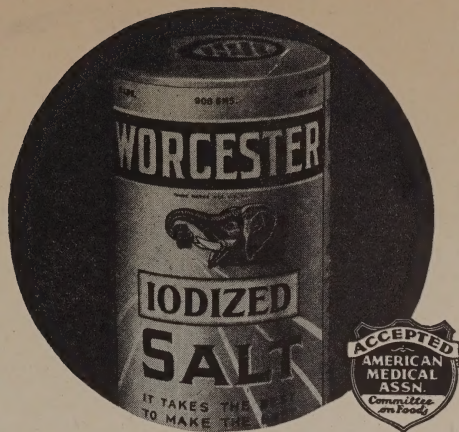
SALT

TO USE . . . AND WHEN



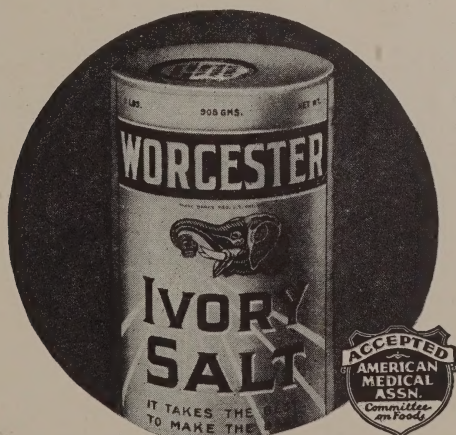
1 FOR SALT SOLUTIONS

Three types of Worcester Salt have been accepted by the Committee on Foods of the American Medical Association. Three types, because all salt is not alike, even the best. So read this and the following page carefully in order to know exactly when to use each type. First, when you want salt to use in a mouth wash, a gargle, an isotonic solution for correcting constipation, etc., order "*Pure Worcester Salt*" in the exact package shown on this page. "*Pure Worcester Salt*" contains no added filler to make it free flowing, or iodine for goiter prevention. It is, as it says, *pure Worcester Salt*, so pure in fact that it exceeds the requirements of the United States Pharmacopoeia for chemically pure sodium chloride . . . being 99.6% pure NaCl. Insist on this "*Pure Worcester Salt*" package—and make sure that you get what you ask for. "*Plain Salt*" of other makes contains "filler"—something you do not want in a salt solution.



2 FOR GOITER PREVENTION

The Committee on Foods of the American Medical Association has accepted Worcester Iodized Salt and authorized the following official statement regarding it: "Worcester Iodized Salt is for all table and cooking uses of salt. The added calcium phosphate tends to preserve its free running qualities; the sodium bicarbonate tends to prevent the loss of iodine. The iodine in the salt aids in preventing goiter caused by insufficient iodine in the diet. Used daily as the only salt on the table and in cooking, it richly supplements the iodine of diets deficient in that element and thus helps to protect against goiter."



3 FOR EVERY OTHER USE

Worcester Ivory Salt is pure Worcester Salt plus 1% tricalcium phosphate to make it free flowing in any weather. It is ideal for cooking and table use where goiter protection is no problem. The tricalcium phosphate used is three times as costly as commonly used magnesium carbonate fillers—but it is twenty times as effective in its free running qualities. The world's greatest chefs use it because, as Louis of the Ritz writes, "long hard experience has proved to me that it is the best."

FOR COLIC PREVENTION

The Committee on Food of the American Medical Association has accepted & approved the Food and Nutrition Board of the National Research Council of the National Academy of Sciences. This is the only official statement regarding the Food and Nutrition Board's findings and conclusions regarding the prevention of colic in the horse. The Food and Nutrition Board of the National Academy of Sciences has conducted extensive research in this field and has found that the most effective way to prevent colic is by feeding a balanced ration of food and water. The Food and Nutrition Board of the National Academy of Sciences has found that the most effective way to prevent colic is by feeding a balanced ration of food and water. The Food and Nutrition Board of the National Academy of Sciences has found that the most effective way to prevent colic is by feeding a balanced ration of food and water.

FOR EVERY OTHER USE

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**LOOK FOR THE FAMOUS
LUCKY ELEPHANT TRADE-MARK**